Watkins Cook Book

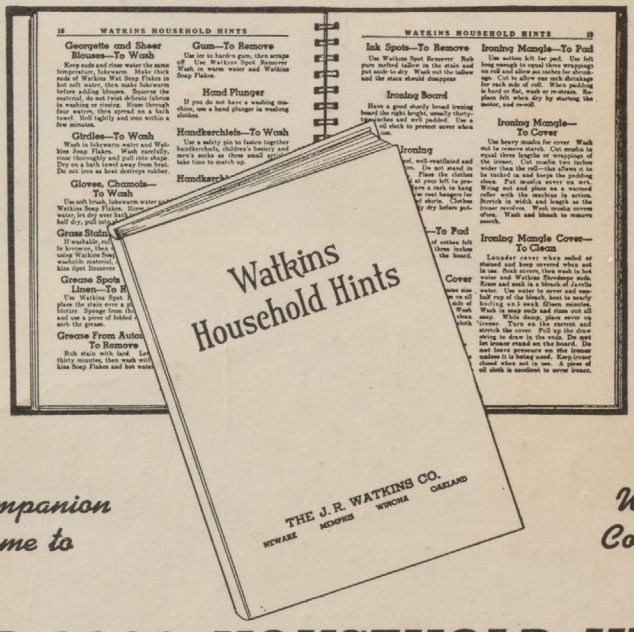
By Elaine Allen
Author of
Watkins Salad Book
Watkins Household Hints Book
Watkins Economy Recipe Book

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WATKINS
COOK BOOK

By Elaine Allen

Author of

Watkins Salad Book
Watkins Household Hints Book
Watkins Economy Recipe Book

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Eighth Edition

PRINTED IN U. S. A.

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Balanced Diet Important to Health

It is the responsibility of the Homemaker to serve nourishing well-balanced meals, as the first aid to strong healthy men, women, boys and girls. Good health is dependent on good nutrition which means well-planned and properly cooked balanced meals.

Right Kind of Food Important

The **protective foods** are rich in food values that supply the necessary vitamins and minerals for health. They include milk and milk products, the green, leafy vegetables, which supply calcium, Vitamin A, riboflavin and high quality protein. Foods rich in Vitamin B, the whole wheat grains and the less highly refined flour and cereal. Foods rich in Vitamin C as oranges, grapefruit, tomatoes—raw or canned, raw cabbage and raw carrots. Lean cuts of Government Inspected and stamped meat of high quality protein, should be a part of a well-balanced diet, also eggs.

American families are urged to serve more milk, cheese, butter, more tomatoes, citrus fruits and more leafy green and yellow vegetables for health.

FOOD CHART FOR HEALTH

Foods Rich In Protein:

Building and repairing-foods include protein, minerals and water. Protein food is essential to build and repair tissues, bone, muscle. Proteins are found in meat, fish, chicken, eggs, cheese, milk, custard, dried beans, dried peas and lima beans.

Foods Rich In Carbohydrates:

Carbohydrates (starches and sugars) are the energy foods or are stored as fat. Energy food is needed in all body functions as breathing, heart action, and for muscular activity in work or play. Carbohydrates are found in bread, potatoes, cereals and many vegetables—in the form of starch. Carbohydrates in the form of sugar are found in white and brown sugar, honey, syrup, molasses, fruits and milk.

Foods Rich In Phosphorus:

Milk, lean beef, liver, American cheese, buttermilk, eggs, lima beans.

Foods Rich In Calcium:

Sweet milk, American cheese, liver, eggs, carrots, oranges, buttermilk, cauliflower, spinach, dried navy beans and celery.

Foods Rich In Iron:

Muscle-meat, liver, oysters, egg yolk, leafy green vegetables and dried beans and peas, molasses, spinach, lettuce, bananas, whole wheat bread, rolled oats, prunes, beets, currants, raisins and milk.

Foods Rich In Iodine:

The best sources are fish and sea food, especially shellfish. Other sources of iodine include cranberries, water cress, and fruits and vegetables grown close to the sea.

SOURCES OF VITAMINS

(Food in capital letters contain high Vitamin A content)

Vitamin A—

Vitamin A aids nutrition, growth, and builds resistance to disease. Vita-

min A is found in BUTTER, whole wheat bread, string beans, carrots, SPINACH (has all vitamins except D and E), TOMATOES (have A, B and C in a large amount), ORANGE JUICE (high in Vitamin B and C), cheese, MILK (has all the vitamins except E and G), EGGS, ice cream, COD LIVER OIL, CREAM, celery, sweet potatoes, peaches, pears, pineapple.

Plan meals with butter, milk, egg yolk, liver, kidney, and green and yellow vegetables, as carrots, squash and sweet potatoes and fruit.

It is important to cook all vegetables rapidly in a small amount of boiling water only until tender, but not soft. Never use soda in cooking vegetables as the vitamin content is destroyed.

Vitamin B—

Stimulates the appetite, promotes growth and helps to maintain a normal muscle tone. Vitamin B is destroyed by heat, so for this reason cook all fruits and vegetables quickly. Vitamin B is found in fruits, vegetables and whole wheat grains. The best sources are, ORANGE JUICE, TOMATO JUICE, SPINACH, YEAST, flour, grapefruit, lemon juice, lettuce, milk, onions, unpolished rice, pears, pineapple, prunes, potatoes, sweet potatoes and ice cream.

Vitamin B_1 Thiamine—

Builds appetite, maintains muscle tone, and prevents nervousness. Asparagus and soybeans are a rich source. Vitamin B_1 is found in apples, kidney, navy and string beans, whole wheat bread, green leaves of cabbage, cauliflower, celery, cheese, yellow corn, egg yolk, whole grain cereals.

Vitamin C—

Promotes sound teeth, good bone structure and prevents scurvy. Vitamin C is found in fresh raw fruits and vegetables and abundant in FRESH PINEAPPLE, ORANGES, TOMATOES, RASPBERRIES and lemon juice. Vitamin C is also found in apples, bananas, green raw cabbage, grapefruit, peaches, pears, SPINACH, string beans and raw carrots.

Vitamin D—

The Sunshine Vitamin—

Prevents rickets and builds resistance. Found in cod liver oil, halibut oil, salmon, egg yolk, whole wheat bread, eggs, lettuce and milk. Foods exposed to ultra-violet rays are richer in Vitamin D.

Vitamin E—

Found in vegetable oils, green lettuce, HONEY, navy, kidney and soybeans, yellow corn, eggs, olive oil, meats and whole barley.

Vitamin G or B_2—

Builds health at all ages, aids the appetite and prevents pellagra. A diet deficient in Vitamin G will show loss of weight, inflammation of the skin and often some digestive disturbance. Vitamin G is found in fruits, vegetables, whole grain cereals, meat, yeast, milk and cabbage. Vitamin G is very soluble in water and is quickly destroyed by heat in alkaline solutions.

Vitamin Deficiency Impairs Health—

When there is a vitamin deficiency in the diet, we find that resistance of the sinus gland and ear is reduced. For years, health officers, nutritionists and school nurses have stressed the importance of milk and milk products in the daily diet. Scientists bring forth laboratory tests and extended research to confirm the theory that more milk means better health.

To Make Bread

To economize, all water may be used in recipes for bread, or all milk, or a combination of the two may be used. But all milk should be used when possible as the bread has a better flavor—a softer crust and is whiter.

Bring the milk to boiling point in a double boiler, cover, then cool until lukewarm before using. Do not overheat milk.

Bread Hints

1. Use all-purpose flour made from hard wheat. Sift flour once before measuring. Keep flour in a dry place and covered.
2. For a richer bread or rolls, increase the amount of butter 1 to 2 tablespoons.
3. Use a large size earthen mixing bowl, being heavy it retains warmth.
4. Use fresh yeast. Test compressed yeast by placing in a cup, add 1 teaspoon granulated sugar, with the back of a spoon press and blend thoroughly. If the yeast is active the dry ingredients will become liquid within half a minute, otherwise discard.
5. In mixing dough, fold edges of the dough toward the center, press down and away with the palm of hand, turning dough around and around, until it will not stick to the board or hand.

Care of Bread After Baking

Removing Bread from Oven—When taking bread from the oven, remove bread from pan, side down, place the loaves on a wire cooling rack or place the oven rack on two cups for a current of air to circulate. When cold, place in bread box which should be scalded, dried, sunned and aired every other day, or in a covered earthenware jar.

If a crisp crust is desired, cool bread, do not cover. For a soft crust, cover while cooling with a towel. When cold wrap in waxed paper. Keep in covered tin box. Do not keep bread covered with a cloth as the cloth will absorb moisture. For tender crust, brush bread with melted butter just before taking from oven.

To Freshen Dry Bread Or Rolls

Moisten the bread lightly with cold water, heat in a hot oven or place in a paper bag and heat thoroughly.

To Steam Dry Bread: Place the bread in a double boiler or steamer lined with waxed paper and steam a few minutes over rapidly boiling water.

White Bread

6 (scant) cups sifted bread flour
1 to 2 cakes compressed yeast
2 cups milk, scald
2 level teaspoons salt
6 level teaspoons sugar
4 tablespoons shortening

Milk is preferred to water. Will make 2 loaves of 1 pound each or 1 pound loaf and 1 dozen rolls.

Crumble yeast cake, dissolve in small amount of lukewarm milk. Add rest of lukewarm milk, salt and sugar. Mix well and add all of flour. When partially mixed, add shortening, melted. Mix well with hands. Keep sides of bowl clean. Turn out on lightly floured board and knead until dough is smooth, elastic, and bubbly at surface. Cover. Let stand in warm place 2 to 4 hours or double in bulk. Knead down, let stand 45 minutes. Knead again, let stand 15 minutes. Divide dough for loaves if more than 1 loaf is being made. Put in well-greased loaf pans. Brush top with melted butter. Allow to rise 1 to 2 hours until light and about double in bulk.
Temperature—400 degrees F. (hot oven) for first 20 minutes, then reduce heat to 350 degrees F. or moderately hot oven. Bake another 40 minutes until well browned and shrunk from pan.

Rolls from Above Recipe

Bread dough
Butter
Sugar

Take piece of dough, add mixture, knead, let rise, make into rolls when light. Place in greased pan, spread top with melted butter. Cover. Let rise about 2 hours. Bake 20 minutes, 400 degree F. oven.

Quick Two Hour White Bread or Rolls

2 cups milk, scald
1½ teaspoons salt
1½ tablespoons sugar
3 tablespoons shortening
4 cakes compressed yeast
5½ to 6 cups sifted flour

Place hot milk and sugar in mixing bowl, cool to lukewarm. Add broken yeast cakes. Stir and add one half of flour and one half of salt. Beat well, cover, put in warm place until double in size. Add remaining flour sifted with salt, knead dough and form into rolls or loaves. Cover, let rise again, 45 minutes. Place in greased pan, brush with melted butter. Cover, let rise in warm place. Bake in hot oven 400 to 425 degrees F. For rolls, bake 15 to 20 minutes.

Boston Brown Bread

1 cup corn meal
1 cup sifted rye flour
½ teaspoon soda
1 teaspoon salt
1 cup Graham flour
¾ cup molasses
1¾ cups milk
4 teaspoons Watkins Baking Powder

Sift dry ingredients together, stir in molasses and milk. Blend well. Fill well-greased molds two-thirds full, place greased covers on mold and steam about 3 hours. Remove cover, bake 15 minutes in 350 degree F. oven to dry.
Will make 3 loaves.

Steamed Brown Bread

2 cups sour milk
¾ cup molasses
1½ cups Graham flour
1 cup yellow corn meal
1 cup whole wheat flour
4 teaspoons butter or lard
1 teaspoon soda
1 teaspoon salt
2 teaspoons Watkins Baking Powder
1 cup chopped raisins

Mix and sift together dry ingredients. Add molasses and milk. Blend entire mixture. Fill greased mold two-thirds full. Cover tightly, place mold on trivet in kettle containing boiling water. Keep water boiling, steam 3½ hours. To use baking powder tins steam 3 hours. For large mold steam 4 to 4½ hours. Bake 15 minutes in 350 degree oven to dry.

Bran Bread (Quick)

2 cups flour (sifted)
4½ teaspoons Watkins Baking Powder
1 teaspoon salt
1 tablespoon sugar
2 cups bran
½ cup dates, chopped
1 egg, beaten
1 cup milk
2 tablespoons melted butter

Sift together flour, Baking Powder, salt, sugar. Add bran and dates. Blend remaining mixture, add butter. Pour into greased loaf tin. Bake about 1 hour in 375 degree F. oven.

Bran Bread

3 cups bran
5 cups sifted bread flour
2 cups scalded milk
Increase salt to 1 tablespoon
3 cakes yeast

Follow recipe for White Bread. Use 3 cups bran and 5 cups sifted bread flour with 2 cups scalded milk. Substitute ¼ cup molasses for the sugar.

Whole Wheat Bread

½ cake more compressed yeast
1 cup white sifted flour
5 cups whole wheat flour

Follow recipe for White Bread. Add one half cake more compressed yeast. One cup white sifted flour, and remaining unsifted wheat flour. Add ¼ cup molasses instead of sugar. This dough is not stiff, but the bread will be moist.

Whole Wheat Bread

1½ cups lukewarm water
1½ cups milk, scald and cool
3 tablespoons butter, melted
3 tablespoons brown sugar
1½ teaspoons salt
1 cake yeast
2½ cups coarse whole wheat flour sifted
2½ cups medium whole wheat flour (sifted)
2½ cups fine whole wheat flour

Dissolve yeast, sugar in lukewarm water. Add butter, scalded milk, salt. Add coarse flour, mix well, add rest of flour, keep dough soft. Place in well-greased bowl in warm place, let rise double its bulk. Form in 2 loaves, place in well-greased pans, set to rise 1 hour. Bake 1 hour in slower oven than for white bread, 350 degrees F., in greased loaf pan.

Corn Bread

1½ cups corn meal
1 cup boiling water
3 tablespoons melted butter
1 teaspoon salt
1 cup flour (sifted)
1 cup milk
4 teaspoons Watkins Baking Powder
1 tablespoon sugar
3 eggs, well beaten

Slowly add meal to boiling water, stirring constantly. When smooth, cool, add eggs, butter and salt, and sugar. Alternately add milk and flour sifted with Watkins Baking Powder. Bake in square greased pan. Bake in hot oven 400 degrees F., about 30 minutes.

Date Bread

1 cup white flour (sifted)
2 cups whole wheat flour
½ cup sugar
1 cup stoned dates, chopped
½ cup molasses
½ teaspoon soda
1 teaspoon salt
¾ cup chopped nuts
2 cups sour milk
2 teaspoons Watkins Baking Powder

Add milk and molasses to sifted dry ingredients, and blend entire mixture. Pour into greased loaf pan and bake about 1 hour in a 350 degree F., oven.

Nut Bread

3 cups sifted flour
4½ teaspoons Watkins Baking Powder
1 cup milk
¼ cup melted butter
2 eggs, beat well
¾ teaspoon salt
½ cup sugar
1 cup chopped nuts, seedless raisins or candied orange peel

Mix flour, Watkins Baking Powder, salt, sugar and sift together twice. Add eggs, milk, nuts and melted butter. Blend mixture thoroughly. Turn into a well-greased loaf pan and bake 1 hour in a medium, 350 degree F. oven. Cool on a wire rack.

Raisin Bread

Follow recipe for White Bread

Add 1 beaten egg to the milk and yeast mixture. After dough rises first time, work in 1 cup seedless raisins.

Apricot Nut Bread

- 1½ cups cooked dried apricots (no juice) chop
- 2 tablespoons butter (melted)
- ½ cup sugar
- 2 eggs
- 1 cup milk
- 2½ cups flour (sifted)
- 4 teaspoons Watkins Baking Powder
- 1 scant teaspoon salt

Mix as for any bread dough. Fold in apricots and ½ cup chopped nuts. Bake in greased loaf tins about 55 minutes in oven of 350 degrees F.

Banana Nut Bread

- ¼ cup butter or other shortening
- ½ cup sugar
- 2 eggs
- 2½ cups flour (sifted)
- 1 cup chopped nuts
- 3 large bananas, put through sieve, 1½ cups
- ½ teaspoon soda
- 2 teaspoons Watkins Baking Powder
- ¾ teaspoon salt
- ½ cup sour milk

Cream the shortening, slowly add the sugar and beat well. Add the eggs, one at a time and beat thoroughly. Add the bananas and nuts. Alternately add the sifted dry ingredients and the milk. Bake in two small or one large loaf pan in moderate oven, 350 degrees F., about 1 hour. Grease tin.

Grape Nut Bread

- 2 cups milk, scald
- 1 cup grape nuts
- 3 cups sifted flour
- 4 teaspoons Watkins Baking Powder
- 1 teaspoon salt
- ½ cup sugar
- 1 egg, beaten
- 3 tablespoons melted butter
- (1 cup currants or chopped raisins or nuts may be added)

Pour hot milk over grape nuts; cool. Sift flour then measure, add salt, Watkins Baking Powder and sift again. Add beaten egg and melted butter to grape nut mixture; add sifted flour. Mix well. Turn into a greased loaf pan 9x4x3 and let stand 20 minutes. Bake 1 hour and 20 minutes in a 350 degree F. oven or until done.

Orange Bread

- 5 tablespoons butter
- ½ cup sugar
- 1 egg
- 3 tablespoons orange rind, chop
- ½ cup milk
- ½ cup orange juice
- 2 cups flour (sifted)
- 4 teaspoons Watkins Baking Powder
- ½ teaspoon salt

Cream butter, slowly add sugar, mix thoroughly. Add orange rind chopped fine, well-beaten egg. Add orange juice and milk alternately with flour, Watkins Baking Powder and salt which have been sifted together. Mix thoroughly, let stand 30 minutes, bake in moderate oven about 1 hour, 350 degree F. oven.

Lightly flour all fruit before adding to mixture. Plump raisins in little hot grape juice to improve the flavor. Cut raisins with lightly floured scissors. Do not chop.

Salt Rising Bread

- 4 tablespoons white corn meal
- 2 tablespoons sugar
- 1½ teaspoons salt
- 1 cup milk
- 1 cup warm potato water
- 2 tablespoons lard (melt)
- About 5¼ cups flour (sifted)

Note: This bread is not as light as yeast bread. Sift flour before measuring.

The afternoon before baking scald milk, add one half of sugar and salt, stir in meal using a bowl. Place in a pan of warm water, cover, let stand in a warm place overnight. Next morning stir in warm water, sugar, shortening and 2 cups of flour. Beat well. Place in pan of warm water, cover and let rise. Turn into warm mixing bowl, slowly stir in remaining flour to make a stiff dough. Knead 10 minutes. Place in greased bread pans. Brush with melted butter. Cover, let rise in warm place to 2½ times its size. Bake in 375 degree F.oven 10 minutes, reduce heat to 350 degrees F., and bake about 25 minutes.

Fruit Coffee Cake

- 2 tablespoons vegetable shortening
- 4 tablespoons sugar
- 1 egg
- 1⅔ cups flour (sifted)
- 3 teaspoons Watkins Baking Powder
- ¼ teaspoon salt
- ½ cup milk
- 1 teaspoon Watkins Vanilla
- 1 cup sweetened cooked apricots, peaches or applesauce put through sieve

Cream together the shortening and sugar, add the egg and beat well. Sift together the dry ingredients and add alternately with the milk. Add Watkins Vanilla. Place in an oiled pan and cover the dough with the fruit, adding a few drops of Watkins Lemon Extract to the fruit to bring out the flavor. Sprinkle with topping given below and bake 30 minutes in a 375 degree F. oven.

Topping:

- 1 tablespoon butter (melt over hot water)
- ¼ cup flour (sifted)
- ½ cup sugar
- 2 tablespoons Watkins Cinnamon
- ½ teaspoon Watkins Vanilla

Blend all the ingredients thoroughly and spread over the unbaked dough.

Cream Biscuits

- 2 eggs
- ⅓ cup cream
- 4 tablespoons butter
- ½ tablespoon sugar
- 2 cups flour (sifted)
- 4 teaspoons Watkins Baking Powder
- ½ teaspoon salt

Sift together dry ingredients. Cut in butter. Add beaten eggs, save little egg white for top of dough. Toss on lightly floured board, pat, roll ¾ inch thick. Use floured cutter. Brush with egg white, sprinkle with sugar. Bake 15 minutes in quick oven, 450 degrees F.

Baking Powder Biscuits

2 cups flour (sifted)
4 teaspoons Watkins Baking Powder
½ teaspoon salt
4 tablespoons butter or other shortening
¾ cup milk

Sift flour, measure, add salt, Watkins Baking Powder, and sift again. Cut in shortening, gradually add milk and make into soft dough. Roll one half inch thick with little flour on board, cut with floured biscuit cutter and bake in hot oven about 15 minutes at 450 degrees F.

Baking Powder Biscuits with Sour Milk

Prepare as above, substituting sour milk or buttermilk for sweet milk. Add ½ teaspoon soda and 2 teaspoons Watkins Baking Powder.

Southern Beaten Biscuits

3 cups flour (sifted)
½ teaspoon salt
4 tablespoons shortening
¼ cup ice water
¼ cup milk

Mix very stiff. Beat with iron biscuit beater, 30 minutes, until dough softens and blisters. Roll about ½ inch thick; cut with small biscuit cutter and pierce with fork. Bake in 350 degrees F. oven 25 minutes.

Orange Biscuits

2 cups flour (sifted)
4 teaspoons Watkins Baking Powder
4 tablespoons butter melted
¾ teaspoon salt
¾ cup milk
Cubes of sugar
Grated orange peel

Sift flour, Watkins Baking Powder, salt. Mix well, add butter. Add milk slowly, blend well. Turn on lightly floured board, roll, cut with small floured cutter, place in baking pan. In center of each biscuit place small cube of sugar dipped in orange juice. Sprinkle grated orange peel over top, bake in quick oven 20 minutes, 425 degrees F.

Coffee Spice Cake

2 cups flour (sifted)
4 teaspoons Watkins Baking Powder
½ teaspoon salt
½ cup sugar
2 eggs, well beaten
4 tablespoons butter
¾ cup (scant) milk
¼ teaspoon Watkins Cinnamon or Nutmeg
1 teaspoon Watkins Vanilla

Sift the flour, Watkins Baking Powder and salt together. Beat the egg, add the melted butter, Watkins Vanilla and stir in the sifted dry ingredients alternately with the milk. Cover with the following blended mixture:

1 tablespoon flour
6 tablespoons light brown sugar
1½ teaspoons butter, melt
¼ teaspoon Watkins Cinnamon
½ teaspoon Watkins Vanilla

Blend the flour, sugar, Watkins Cinnamon with the melted butter and spread over the cake. ½ cup chopped nuts may be added with the sugar and flour. Bake about 25 minutes in a 375 degree F. oven.

Date Coffee Cake

1 cup granulated sugar
⅓ cup butter
1 egg
½ cup milk
1¾ cups flour (sifted)
¾ pound dates (clean and remove stones, cut in pieces)
3 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla
Little salt

Cream butter, add sugar, mix well, add alternately little milk and flour sifted with Watkins Baking Powder, flavoring. Mix thoroughly, place batter in buttered bake sheet. Press dates into batter. Sprinkle top with little granulated sugar, Watkins Cinnamon. Bake about thirty minutes in 375 degree oven.

Griddle Cakes

2 cups flour (sifted)
1½ cups sweet milk (scant)
¾ teaspoon salt, sifted with flour
3 eggs, yolks and whites beaten separately
1 tablespoon granulated sugar
3 teaspoons Watkins Baking Powder
3 tablespoons melted butter

Sift flour, Watkins Baking Powder, salt and sugar together. Beat yolks of eggs, add flour mixture alternately with milk. Just before baking add butter and fold in stiffly beaten egg whites. Use hot griddle. For thick cakes, use 1 to 1⅓ cups milk.

Sour Milk Griddle Cakes

2 eggs, yolks, whites beaten separately
2 cups sour milk
2½ cups flour, sift then measure
3 teaspoons Watkins Baking Powder
2 tablespoons granulated sugar
½ teaspoon baking soda
4 tablespoons butter, melted over hot water
½ teaspoon salt

Follow above recipe. Sift together dry ingredients. Add sour milk and beaten egg. Have griddle hot, syrup hot, platter hot. Use a soap stone griddle which should never be washed but cleaned thoroughly with salt and keep griddle in covered bag when not in use. Try using half cup of salt in clean thin white bag, rub salt bag back and forth over griddle after each baking.

Buckwheat Cakes-Raised

1 quart lukewarm water
1 teaspoon salt
3¼ cups buckwheat flour
½ cup bread flour (sifted)
½ ounce compressed yeast
2 tablespoons molasses
1 teaspoon sugar

Crumble yeast in 1 cup warm water add sugar. Stir mixture with remaining warm water into flour, salt and buckwheat until a thin batter. Let rise overnight. Next morning, add molasses, bake on hot griddle. Save 1 cup of batter to use in place of fresh yeast. After two mornings add ½ teaspoon of baking soda dissolved in 2 tablespoons boiling water. Beat mixture well. Continue this process each day. After three weeks, make fresh sponge.

Buckwheat Griddle Cakes (Quick)

1 cup sifted flour
1 cup buckwheat flour
3 teaspoons Watkins Baking Powder
¾ teaspoon salt
3 tablespoons sugar
2 eggs, beaten
1½ cups milk
3 tablespoons butter, melted

Beat eggs, add milk, stir in sifted dry ingredients. Add shortening. Blend well. Bake in ungreased hot griddle. Serve with hot syrup and butter.

Corn Meal Griddle Cakes

¾ cup corn meal
2 tablespoons molasses
1¼ cups flour (sifted)
2 tablespoons butter
1 teaspoon salt
1½ cups sweet milk (scant)
3 teaspoons Watkins Baking Powder
2 eggs

Mix corn meal, molasses and salt. Beat eggs and add. Add milk and sifted dry ingredients. Add butter. Bake slowly on hot greased griddle. For thick cakes, use 1 to 1⅓ cups milk.

Watkins Coffee Cake

½ cup butter
1 cup sugar
2 eggs (beat well)
2 cups flour (sift 3 times)
½ cup sweet milk
4 teaspoons Watkins Baking Powder
½ teaspoon salt

Cream butter, beat in sugar. Add eggs, blend as for cake. Mix ingredients thoroughly. Sprinkle top of dough with Watkins Cinnamon, sugar, grated lemon rind, finely chopped nuts. Bake in 400 degree F. oven about 30 minutes. Add 1 teaspoon Watkins Vanilla. Use a 10x10 square greased pan.

Spoon Bread

1 cup corn meal
2 cups sweet milk
2 eggs, yolks, whites beaten
¼ cup melted butter
2 teaspoons sugar
2½ teaspoons Watkins Baking Powder
1 teaspoon salt

To boiling milk, add salt, slowly add corn meal stirring constantly. Cook to soft mush. Cool. Add egg yolks, butter, Watkins Baking Powder. Fold in beaten egg whites. Bake in buttered baking dish about 30 minutes in 375 degree F. oven. Serve hot in baking dish.

English Cream Scones

⅓ cup cream
2 teaspoons sugar
½ teaspoon salt
4 tablespoons butter
2 eggs
2 cups flour (sifted)
4 teaspoons Watkins Baking Powder

Sift dry ingredients together, blend in butter with pastry knife. Add well-beaten eggs and cream. Turn on floured board, roll ¾ inch thick. Cut in triangle shape, brush with egg white, sprinkle with sugar. Bake in hot 450 degree F. oven, about 15 minutes.

Doughnuts

- 1 tablespoon butter
- 1 egg
- 3 egg yolks
- 1 cup sugar
- 4 cups sifted flour
- ½ cup cream
- 5 teaspoons Watkins Baking Powder
- ½ cup milk
- 1 teaspoon salt
- ½ teaspoon Watkins Nutmeg

Cream butter and sugar together, beat in egg, then beat in yolks, one at a time. Stir in milk gradually, then cream and Watkins Nutmeg. Sift dry ingredients together and stir into sugar mixture, blending well. Roll on lightly floured pastry cloth, use a doughnut cutter. Fry in hot, deep fat, 360–370 degrees, for 2 to 3 minutes. Drain on unglazed paper. Re-heat in a covered casserole or top of double boiler over hot water before serving.

Have fat hot enough to brown a cube of bread in 1 minute. Turn doughnuts as soon as they rise to top.

Doughnuts with Sweet Milk

- 3 eggs, beat well
- 1 cup sugar
- 3 tablespoons melted butter
- 1 teaspoon salt
- 1 cup milk
- 3½ cups sifted flour
- 4 teaspoons, well rounded Watkins Baking Powder
- 1 teaspoon Watkins Vanilla
- ½ teaspoon Watkins Nutmeg

Beat eggs using rotary whisk. Beat in sugar. Stir in milk. Add sifted dry ingredients, melted butter. (This dough is soft, but the doughnuts are light.) With knife toss one third of dough on floured board, knead lightly. Roll to ¼ inch thickness. Use floured knife to prevent sticking. Use floured cutter. Fry in deep hot fat 2 or 3 minutes, turn often, cook 4 or 5 doughnuts, at a time. Drain on brown paper.

Doughnuts Orange

- ½ cup heavy, sweet cream
- ½ cup sugar
- 2 eggs, beaten well
- ⅛ teaspoon salt
- ½ orange (juice and rind)
- 2 cups flour, sifted
- 3 teaspoons Watkins Baking Powder (rounded)
- ½ teaspoon Lemon Extract

Prepare as for doughnuts with sour milk. Cook few doughnuts at a time. Turn as they rise to top and several times during cooking. Drain on unglazed paper.

Corn Meal Mush

- 3 cups yellow corn meal
- 2 quarts boiling water with salt to taste

Slowly add meal to boiling water, stirring constantly until well blended. Stir mixture few minutes. Cover, cook in double boiler 2 to 4 hours. Pour into oblong pan, when cold slice. Fry slowly with little lard and butter, serve with hot maple syrup.

Muffins

2 eggs
1 cup milk
4 tablespoons or ¼ cup butter
2 cups sifted flour
3 teaspoons Watkins Baking Powder
½ teaspoon salt
2 tablespoons sugar

Sift together the dry ingredients. Add the lightly beaten eggs and blend quickly to a smooth mixture. Pour into well-greased muffin tins and bake 20 to 25 minutes in a 425 degree F. oven.

Raisin Muffins may be made using above recipe and adding ¾ cup raisins rubbed with little of the flour.

Date Muffins—Use ¾ cup cut dates blended with a little of the sifted flour.

Berry Muffins—Use ¾ cup canned berries, drain off juice. Blend with flour.

Bran Muffins

2 tablespoons shortening
2 tablespoons molasses
2 tablespoons brown sugar
2 egg yolks
1 cup whole wheat flour
1 cup bran
3 teaspoons Watkins Baking Powder
½ teaspoon salt
½ teaspoon soda
1 teaspoon warm water
1 cup sour milk
2 egg whites, beaten stiff

Melt shortening; add molasses, sugar, egg yolks. Mix soda and little warm water. Sift all dry ingredients, add alternately with milk. Mix all together, fold in beaten whites of eggs. Pour into greased muffin tins, bake in very hot oven, 425 degrees F., about 20 to 30 minutes according to size.

Corn Meal Muffins

1 cup corn meal
1 cup flour (sifted)
4 teaspoons Watkins Baking Powder
⅔ teaspoon salt
2 tablespoons sugar
2 eggs
1 cup milk
4 tablespoons melted butter

Mix flour, corn meal, salt, Watkins Baking Powder; add milk, beaten eggs, butter. Use well-greased gem pans and bake in hot oven, 425 degrees F., about 20 minutes.

Orange Muffins

3 tablespoons butter
½ cup light brown sugar
2 eggs
2 cups flour (sifted)
1 orange, juice and rind
1 cup milk
4 teaspoons Watkins Baking Powder
¼ teaspoon salt

Sift flour, Watkins Baking Powder, salt. Blend with melted butter, beaten eggs. Mix with milk, make smooth batter. Add orange juice, rind. Bake in greased muffin tins about 20 minutes in quick oven.

Cream Muffins

1 egg
1¼ cups cream
2 cups sifted flour
¼ teaspoon salt
3 teaspoons Watkins Baking Powder
2 tablespoons sugar

Sift together the dry ingredients. Beat egg well, stir in the cream, then add the flour mixture. Fill buttered muffin tins two thirds full and bake about 20 to 25 minutes in a hot oven 425 F. degrees. This will make 1 dozen.

Graham Muffins

1¼ cups white flour (sifted)
¾ cup Graham flour
3 teaspoons Watkins Baking Powder
¾ teaspoon salt
¼ cup granulated sugar
1 egg
1 cup milk
3 tablespoons butter (melted)

Beat egg until light, add milk alternately with dry ingredients sifted together. **Do not beat.** Pour into greased muffin pan. Bake in quick oven about 20 minutes.

English Tea Muffins

2 cups flour (sifted)
4 teaspoons Watkins Baking Powder
2 tablespoons sugar
½ teaspoon salt
3 tablespoons butter (melted)
1 cup milk
½ cup raisins, cut fine
2 tablespoons chopped citron
1 egg

Mix these ingredients as for biscuits. Roll one fourth inch thick, brush with melted butter, sprinkle with Watkins Cinnamon, sugar, and chopped fruit.
Roll as for jelly roll, cut with sharp knife. Bake in quick oven, 425 degrees F., about 25 minutes.

Spice Gem Muffins

⅔ cup butter
1 cup sugar
3 eggs, separate
1 cup molasses
⅓ teaspoon salt
1 cup sour milk
½ teaspoon Watkins Cinnamon
½ teaspoon Watkins Nutmeg
½ teaspoon soda
3 cups flour (sifted)
2 teaspoons Watkins Baking Powder

Cream butter, beat in sugar. Add egg yolks and molasses. Sift dry ingredients, add alternately with milk. Add beaten egg whites. Fill buttered gem tins two thirds full. Bake about 20 minutes in a 425 degree F. oven.

Gingerbread

1 cup granulated sugar
2 eggs
1 cup molasses
2 level teaspoons soda
¼ teaspoon Watkins Cloves
½ cup butter
½ teaspoon Watkins Cinnamon
2 teaspoons Watkins Ginger
2½ cups flour (sifted)
1 cup hot (not boiling) water

Cream butter and sugar, add beaten eggs, molasses, water. Add dry ingredients which have been sifted together. Mix thoroughly and bake in moderate oven 350 degrees F., about 45 minutes. (See recipe for Gingerbread under Cakes.)

French Pancakes

1 cup flour (sifted)
½ teaspoon salt
Dash Watkins Nutmeg or Cinnamon
3 egg yolks
1 cup milk
3 egg whites
2 tablespoons butter (melt over hot water)

Sift flour, salt together. Beat eggs, add milk then butter. Stir in flour. Bake 6 inch thin cake on hot lightly greased griddle. Roll and spread with marmalade or currant jelly or maple sugar blended with little cream. Roll and sprinkle with powdered sugar. Serve hot on a hot plate.

Rice Griddle Cakes

2 egg yolks
1 cup milk
¾ cup sifted flour
1½ teaspoons Watkins Baking Powder
¼ teaspoon salt
½ cup cooked fluffy rice
1 egg white, beaten

Sift together flour, salt and Watkins Baking Powder. Beat egg yolks, stir in milk and flour. Mix well and beat mixture. Fold in cooked rice, melted butter and beaten egg white.
Bake on a hot griddle. Serve on a hot plate with melted butter and hot maple syrup. These cakes are thin.

Rockledge Popovers

2 cups flour (sifted)
½ teaspoon salt
3 eggs
2 cups milk
2 tablespoons melted butter

Sift flour and salt into bowl. Drop eggs in dish, with fork break eggs enough to mix with milk. Pour all together, beat until bubbles form on batter. Pour into hot greased gem pans, bake 40 minutes in hot oven, decreasing heat after they have popped. Serve immediately.

Magic Almond Rolls

3 cups sifted bread flour
1 teaspoon sugar
½ cup butter or other shortening
¼ cup milk
¼ cup hot water
2 cakes compressed yeast
1 tablespoon sugar
3 eggs
1 teaspoon Watkins Vanilla
1 cup chopped almonds
½ cup granulated sugar

To 1½ cups flour add salt and butter, blending as for pie crust. Dissolve yeast in milk, water, and sugar. Add to first mixture, beat until smooth. Cover, let stand 20 minutes. Add beaten eggs, beat vigorously. Fold in remaining flour, add Watkins Vanilla, stir until smooth. Tie dough loosely in square of cheesecloth, drop into pan of warm water 1 hour until it rises to top of pan. Place dough on platter, cut in small pieces, roll in sugar and chopped almonds. Twist into figure 8, place in well-greased pan, let stand 5 minutes, bake in hot oven, 15 minutes.

Butterscotch Rolls

4 teaspoons Watkins Baking Powder
⅔ cup milk
¼ cup sugar
4 tablespoons butter
2 cups flour (sifted)
¾ teaspoon salt

FILLING
⅔ cup brown sugar
3 tablespoons soft butter

Melt butter, add sugar, beat smooth. Prepare dough as for baking powder biscuits. Roll one half inch thick, spread with brown sugar and butter filling. Roll as for jelly roll, cut in one inch pieces. Place in greased pan, spread with butter creamed with brown sugar, cut side of dough down. Brush top with melted butter. Bake in hot oven about 25 minutes.

Cinnamon Rolls

1 cup milk (scald)
1 teaspoon salt
2 tablespoons sugar
4 tablespoons butter
1 compressed yeast cake
3 cups sifted flour or little more if needed
(½ cup currants or raisins may be added)

TOPPING:
5 rounding tablespoons sugar
1 teaspoon Watkins Cinnamon

Place milk, salt, sugar, butter in mixing bowl, blend. Add broken yeast cake and half of flour. Beat, add remaining flour, knead. Place dough in greased bowl, spread with melted butter. Cover, let rise to double its size, 2 to 3 hours. Knead, roll ½ inch thick, brush with melted butter. Sprinkle with topping. Roll as for jelly roll. Cut in 1 inch slices. Place rolls together in a greased pan, brush with melted butter. Cover, let rise 1 hour. Bake in hot, 400 degree F. oven about 20 minutes.

Maple Cinnamon Buns

3 cups flour (sifted)
6 teaspoons Watkins Baking Powder
4 tablespoons butter
2 tablespoons sugar
1 teaspoon salt
1 egg
⅔ cup seedless raisins
¾ cup cold water
Watkins Cinnamon
Grated maple sugar

Sift together flour, sugar, salt and Watkins Baking Powder. With pastry knife cut shortening into flour as for pie dough. Beat egg in cup adding three fourths or more of cold water to make 1 cup. Blend the ingredients, turn on a floured board and knead to a smooth dough. Roll ½ inch in thickness. Spread thickly with softened butter, sprinkle with raisins, then grated maple sugar, then Watkins Cinnamon. Roll as for jelly roll. Cut in pieces 2 inch thick. Dip biscuits in a caramel syrup and bake for about 30 minutes in a 400 degree F. oven or until done. Remove from oven, invert immediately. For Caramel Syrup melt 4 tablespoons butter with ½ cup dark corn syrup in a heavy skillet.

Quick Cinnamon Rolls

1 recipe baking powder biscuit

Roll baking powder dough to ½ inch thickness. Spread with a mixture of 4 tablespoons sugar and ¾ teaspoon Watkins Cinnamon. Roll like Jelly Roll. Cut slices ¾ inch thick. Place in greased pan, brush with melted butter. Bake in hot oven about 20 minutes.

Clover Leaf Luncheon Rolls

1 cup milk, scald
1 level teaspoon salt
1 tablespoon sugar
2 tablespoons butter
1 cake compressed yeast
About 3 cups sifted flour
Will make 1½ to 2 dozen rolls

Break yeast into ¼ cup lukewarm water. Let stand 10 minutes. Make dough of flour, sugar, salt, shortening and milk. When lukewarm, add flour, yeast, beat until smooth. Cover bowl, place in pan of warm water until dough is double its size. Add enough sifted flour to stiffen, turn on floured board, knead until smooth. Rub with soft butter, place in greased bowl, place bowl in pan of warm water. Cover until mixture is double its size. Place on lightly floured board, cut dough in pieces size of marble, dip in melted butter. Place three in well-greased muffin tins, cover, let rise to double its size, bake in quick oven 15 to 20 minutes in 400 to 425 degree F. oven. Brush with melted butter when taking from oven.

Ice Box Rolls

2 cups milk, scald
2 level teaspoons salt
3 tablespoons sugar
⅓ cup shortening
2 cakes compressed yeast
6 cups sifted flour (about)

Blend hot milk, sugar, salt, shortening. Cool. Add broken yeast cakes, and one half of sifted flour. Beat well. Add just enough more flour to make soft dough. Turn on floured board, knead, add flour if needed. Place in greased bowl, spread with melted butter. Cover. Let rise in warm place to double its size, 2 to 4 hours. When dough is light, cut down through dough several times. Cover, place in refrigerator until ready to use. Then take amount of dough, form into rolls, place in greased pan, let rise 2 hours until light. Bake in hot oven about 20 minutes, 425 degree F.

Orange Rolls

3 eggs
½ cup sugar
1 cup milk
1 cake compressed yeast
3 tablespoons butter
½ teaspoon salt
4 cups flour (sifted)
2 tablespoons orange juice
1 teaspoon Watkins Lemon Extract

Beat eggs lightly, add sugar. Scald milk and cool. When lukewarm add yeast dissolved in little warm water, add to beaten eggs. Stir in 1 cup flour, let rise 2 hours. Add remaining flour to sponge, stir well but do not knead dough at any time. Cover, let rise 2 hours. Roll on board. Spread with soft butter, ½ cup sugar, grated rind of orange, orange juice. Use little milk to moisten. Roll on lightly floured board, cut as for cinnamon rolls. Let rise in tins 2 hours, bake 15 to 20 minutes, 425 degree F. oven.

Parker House Rolls

1 to 2 cakes compressed yeast
3 tablespoons sugar
2 cups milk, scald then cool
6 tablespoons butter or shortening
3 pints flour (sifted) for soft dough
2 teaspoons salt

Dissolve yeast and sugar in warm milk. Add shortening and one half of flour. Blend mixture thoroughly. Cover, keep in warm place, let raise 1 hour. Add remaining flour sifted with salt. Knead thoroughly. Put in greased bowl, cover, let rise 45 minutes until double its bulk. Roll 1 inch in thickness. Brush with melted butter, cut with 2-inch cutter, crease through center with dull blade of knife, fold over. Place in well-greased shallow pans one inch apart. Brush with melted butter. Cover, let rise, 1 to 2 hours in warm place. Bake 20 minutes in hot oven, 400 degrees F.

Quick Pecan Rolls

½ cup light brown sugar
7 tablespoons butter
1 recipe baking powder biscuit
¼ teaspoon Watkins Cinnamon
½ cup cut pecans

Prepare Baking Powder Biscuit dough as given on top of page 11 of the Watkins Cook Book. Turn the dough on a lightly floured board and roll to ¼ inch thickness. Spread the dough with soft butter. Sprinkle with ½ cup light brown sugar and Watkins Cinnamon. Roll like jelly roll and cut in pieces ½ inch thick. In the bottom of the baking pan, melt butter, add light brown sugar and cut pecans. Place the rolls cut side down and bake in a hot oven, 400 degrees F., 20 to 25 minutes.

Refrigerator Rolls

Use recipe given on page 6 for White Bread and use 2 cakes compressed yeast.

Follow recipe for White Bread. Recipe Number 1. When dough is light, cut down to let gas escape. Cover tightly, place in refrigerator until ready to use. Before baking form into rolls. Place in a greased pan, spread top with melted butter. Cover, let rise in a warm place 1 to 2 hours. Bake in a hot oven, 425 degrees F., 15 to 20 minutes. Will make 3½ to 4 dozen.

Brown Sugar Refrigerator Rolls

½ cup brown sugar
1 teaspoon Watkins Cinnamon
½ cup chopped walnut meats

Prepare dough as for Ice Box Rolls

Roll chilled dough one fourth inch thick on floured board. Spread with soft butter, then mixture made of brown sugar, Watkins Cinnamon and chopped walnut meats. Roll as for chocolate roll, cut dough in 1 inch pieces. Place cut side down in buttered muffin pans, sprinkle with brown sugar. Cover, let rise until double the size, about 2 hours, bake in 425 degree F. hot oven, 15 to 20 minutes.

Corn Sticks

2 cups corn meal
2 cups buttermilk
1 tablespoon butter; melted over hot water
2 eggs
1 teaspoon salt
½ teaspoon soda
2 teaspoons Watkins Baking Powder

Mix as for any batter, sift dry ingredients, add beaten eggs, slowly add milk, beating thoroughly. Add melted butter last. Grease heated pan and bake in moderate oven about 25 minutes. One cup sifted flour may be used with 1 cup corn meal.

Watkins Coffee Bread (Quick)

1 recipe for baking powder biscuits
¼ cup sugar
1 egg yolk, beaten in the milk

TOPPING:

3 tablespoons butter
¼ cup sifted flour
¼ cup sugar
1 teaspoon Watkins Cinnamon
½ teaspoon Watkins Vanilla

Make a smooth dough, spread ½ inch thick in greased 9 inch square pan. Blend topping and spread over dough. Bake in a 400 degree F. oven about 30 minutes.

Waffles

2 cups flour (sifted)
3 teaspoons Watkins Baking Powder
2 teaspoons sugar
3 eggs
1¼ cups milk
4 tablespoons melted butter
½ teaspoon salt

Sift flour and measure, then sift flour, Watkins Baking Powder and salt three times. To the well-beaten egg yolks, add flour alternately with milk. Add butter which has been melted over hot water and cooled. Fold in stiffly beaten egg whites. For cheese waffles, add ½ to ¾ cup grated cheese to above batter. Bake in hot waffle iron.

Sour Milk Waffles

3 eggs
1½ cups sour milk
2 cups flour (sifted)
¼ cup melted butter
¼ teaspoon salt
½ teaspoon soda dissolved in little hot water
1½ teaspoons Watkins Baking Powder

Beat eggs well, add milk alternately with flour and salt sifted together. Add butter, soda. Blend well, bake in hot waffle iron.

Cheese Waffles

Add 1 cup grated American cheese before adding stiffly beaten egg whites.

Ham Waffles

Sprinkle 2 tablespoons finely chopped cooked ham over batter of each waffle before baking.

Cocoanut Waffles

Add 1 cup Watkins Shredded Cocoanut to batter.

Cream Waffles

2 cups cream
2 cups flour (sifted)
2 eggs, yolks, whites beaten separately
Few grains salt
3 teaspoons Watkins Baking Powder
1 tablespoon sugar

Beat egg yolks, add sifted dry ingredients alternately with cream. Add beaten egg whites. Bake on hot waffle iron, serve with Watkins Homemade Maple Syrup or maple sugar blended with little cream.

Watkins Maple Syrup (Homemade) for Waffles

Watkins Maple Flavor

Pour 3½ cups brown sugar into 2 cups boiling water. Add 1 teaspoon Watkins Maple Flavoring. Stir well, allow to stand 24 hours to blend before using. This makes 1 quart of delicious Maple Syrup.

Toast

Toasted Health Bread

Slice bread ¾ of an inch thick. Place slices in a flat pan, dry from 3 to 4 hours over slow heat. Turn bread several times until thoroughly dry. Then crisp to light brown in the oven. This toast must be chewed thoroughly and for this reason, it is easily assimilated.

Butterscotch Toast

Cut bread ¼ inch thick, toast quickly, spread at once with butter. Sprinkle with a mixture of 3 tablespoons light brown sugar and 1 teaspoon Watkins Cinnamon. Place in broiling oven to melt sugar. Serve hot.

Cream Toast

2 cups cream, scald
2 tablespoons butter
1 tablespoon flour
¾ teaspoon salt

Melt butter, stir in flour. Add salt, slowly stir in hot cream. Stir mixture until it thickens and pour over dry toast. Butter may be omitted and blend flour with a little cream.

Cherry Toast

1 egg
Day old bread
Pinch salt
3 tablespoons sweetened cherry juice

Dip bread in blended mixture, fry in little hot fat. Serve with few spiced cherries.

Cinnamon Toast

For 2 persons:
4 quarter-inch slices toast
2 teaspoons butter
3 teaspoons powdered sugar
2 teaspoons Watkins Cinnamon

Mix butter (do not melt), with sugar and Watkins Cinnamon until creamy. Spread each slice of toast evenly, covering entire surface. Place on a pie tin and glaze in a hot oven. Cut each slice and serve hot.

Toast Sticks

Cut bread in ⅓ inch slices, then in strips. Brush with melted butter, spread out in a pan and toast to a light brown. Turn on all sides.

Serve Cinnamon Toast As A Variety

To the proportion
1 tablespoon soft butter (do not melt)
3 teaspoons powdered sugar
2 teaspoons Watkins Cinnamon
3 slices toasted bread (remove crust)

Blend the butter, sugar and Cinnamon together thoroughly. Spread each slice of toast with the mixture, place in a pan and return to hot oven to melt. Cut slices and serve hot.

Watkins Coconut Toast

Watkins Shredded Coconut

Toast white bread lightly on one side, cut in strips. Spread untoasted slice with equal parts creamed butter, powdered sugar, Watkins Shredded Coconut and Watkins Cinnamon. Brown in hot oven.

French Toast

Day old slices of bread
Beaten egg
Milk
Pinch salt
Watkins Cinnamon

Dip both sides bread into egg-milk mixture, fry in hot fat. Serve with little powdered sugar and jelly.

Maple Toast

Spread buttered toast with soft maple sugar, heat butter under broiler, serve at once.

Melba Toast

Cut dry bread in ⅛ inch slice. Place on baking sheet and bake in a slow oven, 300 degrees F., 15 to 20 minutes. Turn several times to brown evenly. Serve unbuttered.

Milk Toast

½ cup milk or cream

Add little salt to hot buttered toast. Heat milk or cream in double boiler, ½ cup for each slice of toast.

Orange Toast

Day old bread
Butter
3 tablespoons orange juice
3 tablespoons sugar
2 tablespoons grated orange rind
Watkins Cinnamon

Toast one side of bread. Spread untoasted slice with butter, cover with blended mixture. Heat toast in broiler. Serve at once.

Soups

Soup Stock

9 A. M.
1 knuckle beef
1 knuckle veal
Piece of beef meat

NOON ADD
1 potato
1 carrot
1 yellow turnip
3 sprigs parsley
Leaves of 3 stalks of celery
Salt
Watkins Pepper
1 bay leaf
Watkins Onion Seasoning
Watkins Celery Salt

1 quart serves 4 portions.

9 A. M.

Put on stove in a flat bottom kettle. Just cover with cold water; let simmer over slow fire until noon. Simmer as before until 6 o'clock. Strain and let stand overnight. Skim off grease and stock is ready to use as a foundation for cream soups.

Soup Stock

3 pounds shin of beef
3 quarts cold water
1 small onion
1 small carrot
1 small turnip
3 cloves
2 sprigs parsley
1 tablespoon salt
1 teaspoon Watkins Pepper
Watkins Onion Seasoning
Watkins Celery Salt

Cut meat in small pieces and have bones well broken, add cold water; advisable to let stand one hour before heating. Prepare vegetables, add with salt and let simmer for 6 or 7 hours. Skim thoroughly.

White Soup Stock

Knuckle veal
2 teaspoons salt
4 quarts cold water
Watkins Pepper
Watkins Celery Salt
Watkins Onion Seasoning
⅓ cup diced carrots, celery, onion
1 bay leaf
2 sprigs parsley

Select 1 5-pound chicken or 5 pounds knuckle of veal. Clean chicken carefully remove skin and fat. Cut meat in pieces; if veal, crack bone. Add cold water, let stand 1 hour. Bring slowly to boil, simmer. Keep covered except when skimming stock. Cook fully 4 hours. Add vegetables last hour. Strain through clean cheesecloth. When cold, skim off all fat.

Bouillon

Watkins Pepper

Clear soup made from lean beef.

Clear Soup

1 pint stock
Watkins Celery Salt
Watkins Onion Seasoning
Watkins Pepper

Remove all fat carefully from stock, put into enameled pan and heat. Cut small pieces of vegetables, boil until tender; add to strained soup. Heat and serve.

Consomme

Watkins Pepper
Watkins Celery Salt

Brown meat well, add cold water. Prepare as for soup stock. Add slice lemon with little Watkins Paprika on lemon before serving.

Jellied Consomme

Watkins Celery Salt
Watkins Pepper

If stock is well made, it will jell sufficiently when cold. If too thin, add not more than 1 tablespoon gelatin, soaked in 1 tablespoon cold water, to 1 quart hot stock. Serve very cold.

Almond Soup

¾ cup almonds blanch, dry, chop
¾ cup hot milk
Cream of Celery soup
Watkins Paprika
Watkins Celery Salt

Cook almonds and milk 10 minutes. Add to hot Cream Celery soup. Cook 5 minutes. Serve with little whipped cream, Watkins Paprika.

Asparagus Soup

4 cups chicken broth (remove all grease)
2 cups rich sweet milk (scald)
Salt to taste
1 cup green asparagus tips cut in very small pieces
Watkins Celery Salt
1 tablespoon flour stirred into little milk
1 tablespoon butter
1 tablespoon celery hearts
Add little whipped cream when serving
Watkins Paprika

Cook asparagus until tender, remove tips from water. Cook celery stalks in asparagus water, press through sieve. Add well-blended flour and butter to hot broth, add cooked asparagus tips. Serve very hot. Add Watkins Paprika.

Bean Soup

1 cup dried beans
1 quart cold water
½ onion, sliced
1 stalk celery, diced
¼ teaspoon salt
2 tablespoons butter
⅛ teaspoon Watkins Celery Salt
2 teaspoons flour
Grated cheese
Watkins Paprika

Soak beans overnight in cold water, drain. Add 5 cups cold water, bring to boiling point, cover, simmer 3 hours or until tender. Add more water if needed. Cook onion and celery to light brown in one half of butter, stir in flour and blend well. Stir in strained soup. Cook 3 to 4 minutes. A tablespoon of sherry may be added just before serving. Add cheese and Watkins Paprika. Serve hot.

Bean Soup (Italianne)

1 cup dried beans
1 tablespoon chopped onion
1 stalk celery, chop
⅓ teaspoon Watkins Pepper
½ teaspoon salt
1 cup tomato pulp
1 cup cooked rice
¼ cup olive oil
(1 cup chopped cabbage may be added)
Parmesan cheese
Watkins Paprika

Soak beans overnight in cold water. Drain. Add 5 cups cold water and simmer until tender. Add more water if needed. Cook onion and celery in hot oil to light brown, add seasoning and tomato. Add hot beans then hot rice. Cook mixture 30 minutes, serve with grated cheese and Watkins Paprika.

Corn Chowder

2 cups canned corn
1 small onion, chop fine
1 pint diced potatoes, raw
2 tablespoons butter
¼ teaspoon salt
2 pints milk, scald
1 cup boiling water
Watkins Pepper
Watkins Celery Salt

Cook onion in one half of butter to light brown, drain. Boil potatoes until tender, drain. Blend all ingredients, add seasoning to taste. If a thicker soup is desired, blend 2 tablespoons of flour with little cold milk, and stir into soup 10 minutes before serving.

Crab Bisque

1½ tablespoons butter
1½ tablespoons flour
3 cups top milk
1 cup heavy cream
2 tablespoons chopped celery
1 can (½ pound) crab meat, flake
½ teaspoon salt
Watkins Pepper
2 tablespoons sherry
Watkins Paprika

Melt butter, stir in flour, slowly stir in milk over low fire. When mixture thickens, add one half of cream, crab meat, salt and Watkins Pepper. Cook in top of double boiler over boiling water. Stir frequently. Just before serving add little whipped cream and Watkins Paprika. Pass Souffled Crackers.

Souffled Crackers (With Soup)

Soak soda crackers in ice water for 8 minutes, remove, taking care not to break them, drain, place on a cookie sheet. Brush with melted butter, and bake in a very hot oven, 450 degrees F., until puffed and browned, about 20 minutes. Serve very hot. Add dash Watkins Paprika.

Seasoning is the keynote to the success of delicious soup. Use Watkins Onion Seasoning, Watkins Celery Salt, Watkins Pepper, Wakins Paprika, or Watkins Red Pepper and serve soup hot.

Cream of Celery Soup

2 cups chicken stock
3 cups celery, cut in small pieces
2 cups boiling water
1 slice onion
2 tablespoons butter
2 tablespoons flour
2 cups milk
1 cup cream
Salt
Watkins Pepper
Watkins Celery Salt
Watkins Paprika

After cooking celery in stock and water until soft, press through sieve. Scald onion in milk, then remove onion, add above mixture, flour mixed to paste with little milk, then cream and seasoning. Heat in double boiler, top with little whipped cream when serving.

Cream of Corn Soup

1 can Golden Bantam Corn
2 tablespoons butter
2 tablespoons flour
2 cups milk, hot
Salt
Watkins Celery Salt
Watkins Pepper
Watkins Paprika

Cook corn, add milk. Cook in double boiler, put through sieve. Blend flour, and butter, add to mixture, blend well. Before serving add seasoning, little whipped cream, Watkins Paprika.

Gumbo (Southern Style)

1 fat hen
1 small ham hock
1 large onion
1 large can tomatoes
Salt
Watkins Pepper
Watkins Celery Salt
2 tablespoons butter
1 pint chopped oysters
1 cup okra
2 tablespoons chopped parsley
2 tablespoons flour thickening
Watkins Onion Seasoning
Watkins Paprika

Slowly boil hen and ham hock together in 3 quarts water. When done take out chicken, let cool, cut up breast in diced pieces. (Remove ham hock from stock). Fry large slice of ham cut in very small pieces. *Skim off all fat from stock.* Fry onion light brown, pour tomatoes in skillet with onion, cook 15 minutes. Add to stock. Season with salt, Watkins Pepper. Put tomatoes, diced chicken, finely cut ham in stock, let cook slowly. Add pint chopped oysters, (or same amount of crab meat or shrimp finely cut), okra, and flour thickening. Serve with steamed rice.

Mushroom Soup

4 cups chicken stock
¾ pound mushrooms
1 slice onion
¼ cup butter
⅛ cup flour (scant)
¼ cup cream
¼ cup top milk
Salt
Watkins Pepper
Watkins Paprika

Wash, chop mushrooms, add with onion and cook in stock about 20 minutes. Then rub through sieve. Reheat and add thickening, then milk and cream which have been heated in double boiler. Serve very hot with little whipped cream.

Noodles for Soup

1 cup of flour (sifted) (or more as needed)
2 eggs
Pinch salt

Beat eggs light, stir and add sifted flour. Knead well, chill 30 minutes or longer. Roll in thin sheets, place on cloth until quite dry but not brittle. Roll, cut very fine. Have broth nicely seasoned and boiling. Drop in noodles, cook 5 to 10 minutes.

Onion Soup Au Gratin

2 dozen Bermuda onions
2 tablespoons flour
2 tablespoons butter
1½ quarts strong beef stock
Salt
Watkins Pepper
Grated Parmesan cheese
Watkins Celery Salt
Watkins Paprika

Peel onions under water, slice thin. Fry in butter until brown. Add flour mixed with butter to onions. Add stock, cook in double boiler. Serve hot, adding little grated cheese and Watkins Paprika.

Oyster Stew

1 pint oysters
1 quart scalded milk
3 tablespoons butter
½ teaspoon salt
Dash of Watkins Black Pepper
Watkins Celery Salt

Clean oysters and strain liquor. Heat liquor to boiling point, add oysters, cook until edges curl, which will be only few minutes. Combine liquor, scalded milk, add seasoning, butter, serve hot. Oysters do not require long cooking. Add Watkins Paprika.

Pea Soup

3 cups chicken stock
2 cups cooked or canned peas
1 cup cold water
½ onion
Sprig parsley
1 cup top milk
½ teaspoon salt
⅛ teaspoon Watkins Pepper
2 tablespoons butter
Watkins Celery Salt

Put aside one third of peas. Add remainder to water, stock, and seasoning and let simmer 30 minutes. Press through sieve. Add butter. Let boil few minutes, then add milk and remaining peas which have been heated in double boiler. Serve very hot with little whipped cream and Watkins Paprika.

Cream of Pea Soup

3 cups chicken stock
1½ cups canned peas put through sieve
3 cups top milk
Salt
2 tablespoons flour
2 tablespoons butter
Watkins Pepper
Watkins Celery Salt

Heat stock and milk in double boiler. Melt butter, blend with flour, add to hot stock. Mix thoroughly, add seasoning. Little whipped cream and Watkins Paprika before serving.

Potato Soup

3 potatoes
1 quart milk
2 tablespoons butter
1 teaspoon salt
¼ teaspoon Watkins Celery Salt
2 tablespoons flour
½ teaspoon Watkins Onion Seasoning
⅛ teaspoon Watkins Black Pepper

Cook potatoes in boiling salted water; when soft, rub through strainer. Scald milk, add to potatoes. Melt butter, add dry ingredients, stir until well mixed; stir into boiling soup; cook 1 minute, strain, sprinkle with chopped parsley.

Spinach Soup

4 cups chicken stock
1½ cups cooked spinach
2 cups top milk
¼ cup butter
2 tablespoons flour
Salt
Watkins Pepper

Chop spinach, add to stock, press through sieve. Heat in double boiler, add stock and milk which have been thoroughly heated. Add butter. Blend all together. Little whipped cream before serving. Serve hot.

Tomato Soup

1 quart tomatoes
1 teaspoon salt
1 onion, chopped
1 bay leaf
1 tablespoon butter
Salt
1 cup cream, if desired
Watkins Pepper
Watkins Onion Seasoning
Watkins Celery Salt

Cook tomatoes, onion and bay leaf, 10 minutes. Put through colander. Add butter. Mix all ingredients, serve very hot. Heat cream, stir in slowly before serving.

Cream of Tomato Soup

2 quarts canned tomatoes
2 cups soup stock
⅛ teaspoon soda
1 teaspoon flour
Watkins Celery Salt
½ pint cream
1 pint milk
1 tablespoon butter
Salt
Watkins Pepper

Put tomatoes and soup stock in kettle, add no water, boil 10 minutes. Strain through colander, add soda, strain through fine sieve. Blend flour and butter, add to milk, add water. In double boiler, heat cream and milk. Combine mixtures, heat. Season. Little whipped cream when serving.

Vegetable Soup

2 quarts stock
½ cup diced raw carrots
½ cup diced celery
1½ cups diced raw potatoes
Salt
2 cups tomatoes
½ cup canned peas
1 onion, cut
Watkins Pepper
Watkins Onion Seasoning
Watkins Celery Salt

Heat stock, add vegetables, simmer 1 hour. Add seasoning. Serve very hot.

Cheese and Egg Dishes

Baked Eggs in Cream

6 eggs
½ teaspoon salt
Watkins Paprika
6 tablespoons cream

Break eggs into individual buttered ramekin, cover eggs with tablespoon cream. Place in pan of hot water, set in moderate oven. Bake slowly, about 10 minutes. Serve with hot buttered toast. Grated cheese may be added.

Cheese Croquettes

1 cup bread crumbs
2 tablespoons butter
2 cups grated cheese
2 eggs
Salt and Watkins Black Pepper
Watkins Paprika
Frying fat

Mix butter, bread crumbs, cheese, add seasoning and beaten eggs. Make into balls, fry in deep fat, drain on unglazed paper, serve hot. Have fat hot. Add Watkins Paprika before serving.

Cheese Dish

1 cup grated American cheese
1 cup bread crumbs
2 beaten eggs
1 cup milk
2 tablespoons butter
Watkins Pepper
Watkins Paprika
Salt

Blend all ingredients, pour into buttered dish, bake until nicely brown. Add Watkins Paprika before serving.

Cheese Fondue

1 cup milk (scald)
1 cup stale bread crumbs
1 cup mild cheese cut in small pieces
1 tablespoon butter
3 egg yolks
3 egg whites
½ teaspoon salt
Watkins Pepper
Watkins Paprika

Mix milk, bread crumbs, cheese, butter, and salt together, add well-beaten egg yolks. Fold in stiffly beaten whites, pour in buttered baking dish, bake about 20 minutes in moderate oven. Add Watkins Paprika before serving.

Cheese Souffle

2 tablespoons butter
1 heaping tablespoon flour
1 cup milk
½ teaspoon salt
Watkins Paprika
3 eggs, yolks and whites beaten separately
1 cup grated cheese
Watkins Pepper

Melt butter, slowly stir in sifted flour, but do not brown, add milk slowly, stirring constantly to make mixture smooth. Add salt, Watkins Paprika. Remove from fire, add well-beaten yolks and whites of eggs, also cheese. Pour into buttered dish, bake in 350 degree F. oven about 40 minutes. Serve immediately. One cup cooked ham or tuna fish may be added.

Cheese Straws

1 cup grated American cheese
1 cup sifted flour
1 teaspoon Watkins Baking Powder
½ teaspoon salt
¼ teaspoon Watkins Paprika
1 egg
2 tablespoons milk
Watkins Red Pepper

Mix cheese, flour, Watkins Baking Powder, and seasoning. Add well-beaten egg, enough milk to make stiff dough. Roll about one eighth inch thick on floured board, cut into strips four to five inches long and one fourth inch wide. Bake about 10 minutes in hot oven.

Perfection Omelet

6 eggs
6 teaspoons cornstarch (scant)
1 cup milk
½ teaspoon salt
Watkins Pepper
1 teaspoon Watkins Baking Powder
Watkins Paprika
Cooked ham or cheese

Beat egg yolks, add cornstarch dissolved in little milk, add rest of milk and salt. Beat egg whites stiff add Watkins Baking Powder. Blend all together. Pour into hot iron skillet with butter, bake 20 to 30 minutes in moderate oven. Chopped crisp bacon may be used in omelet.

Eggs with Dried Beef

¼ pound dried beef
3 eggs
3 tablespoons milk or water
1 tablespoon butter
Watkins Paprika

Cover beef (which has been cut into small pieces) with melted butter, sizzle until crisp. Add eggs, which have been beaten with milk. As soon as eggs begin to set, stir until jelly-like.

Eggs A La Benedict

8 eggs
4 English muffins
Hollandaise sauce
Watkins Paprika

Toast circular pieces of bread. Fry thin slice of boiled ham, put on top of toast. Fry slice of tomato, dredged with little flour, in pan ham has been cooked. Put cooked tomato on ham, then poached egg. Over all pour Hollandaise sauce.

Sauce

½ cup butter
1 tablespoon flour
2 egg yolks
Juice of ½ lemon
Salt
1 cup boiling water
Few grains Watkins Red Pepper
Watkins Paprika

Cream butter and flour; add eggs one at a time, boiling water, cook in double boiler until mixture thickens. Add salt, lemon juice.

Poached Eggs

Watkins Pepper
Watkins Paprika

Boil water vigorously. Drop 1 egg from saucer into boiling water, lower heat. With spoon dip boiling water over egg. Cover pan for 2 minutes. Remove egg to hot plate, add butter, salt, pepper.

Egg Souffle Ring

1 tablespoon flour
2 tablespoons butter
¾ cup milk
4 egg yolks
4 egg whites
Pinch salt
Watkins Pepper

Make white sauce, not too thick, of flour, butter, and milk. Separate eggs, beat yolks, add white sauce; fold in stiffly beaten whites. Bake 35 minutes in moderate oven. Put wax paper over ring mold, set in hot water. Serve with creamed mushrooms.

Foamy Omelet

4 eggs
½ teaspoon salt
Watkins Pepper
4 tablespoons top milk
2 tablespoons butter, melted over hot water

Beat yolks until creamy, add seasoning and milk. Beat whites of eggs until stiff, cut and fold into egg mixture. Put butter in frying pan, pour in omelet and cook slowly. When set and slightly brown place in broiler to dry top. Fold and serve immediately. Garnish with parsley and currant jelly.

Plain Fluffy Omelet

4 eggs
4 tablespoons hot water
2 tablespoons cooked minute tapioca
Salt
Watkins Pepper
Watkins Paprika
Butter

Beat yolks light, add salt, Watkins Pepper, tapioca. Fold in stiffly beaten whites. Melt butter in bottom and sides of omelet pan, turn in mixture, cook over slow fire until light brown underneath. Place in oven to dry top. Do not overcook or omelet will shrink. Loosen edge of omelet, fold, serve immediately on hot platter.
Minced fish, ham or grated cheese may be added to beaten omelet to give variety. Garnish with parsley.

Shirred Eggs

2 eggs
Salt
Watkins Pepper
1 teaspoon cream
Watkins Paprika

Butter individual ramekin cups, cover bottom and sides with buttered cracker crumbs. Drop in eggs, little salt, Watkins Black Pepper, cream. Set in pan with little hot water. Bake in moderate oven. Add Watkins Paprika.

Southern Egg Dish

4 cups chicken stock
2 cups rice
½ cup butter
1½ teaspoons salt
6 eggs
Watkins Pepper to taste

Wash rice carefully, stir into boiling stock. Cover kettle and in about 20 to 25 minutes rice will absorb the liquid. Turn fire low. Stir well-beaten eggs into mixture add butter, seasoning, serve at once.

Eggs Florentine (Luncheon Dish)

Cooked spinach
Little cream
Eggs
Hollandaise Sauce
Watkins Paprika
Grated cheese

Grind cooked hot spinach, add cream, season well, place in serving dish. Place poached eggs on top of spinach. Add Hollandaise Sauce and Watkins Paprika. Serve. Or serve poached eggs on mounds of hot corned beef hash. Add Watkins Paprika.

Egg Gems

2 cups cooked chopped meat
2 cups dry bread crumbs
Salt
Watkins Pepper
Butter

Moisten meat with little milk or cream. Heat meat, crumbs, seasoning in top of double boiler. Fill buttered gem pans with mixture, break an egg on top of each gem, place in oven and cook egg. Add Watkins Paprika.

Egg Luncheon Dish

Poach eggs, place on soft well-buttered toast. Sprinkle with grated cheese and Watkins Paprika.

Egg Timbales (Luncheon Dish)

2 eggs
½ cup cream
Salt
Watkins Pepper
Watkins Paprika
Finely chopped (cooked) Ham or Tongue

Beat eggs well, add seasoning, stir in cream, little minced parsley. Pour into well buttered timbales, add chopped tongue and truffles. Steam 25 minutes over hot water.

Shirred Eggs

2 tomatoes, cut in pieces
3 mushrooms, minced
1 green pepper, chopped
½ ounce raw ham, dice
Salt
Watkins Pepper
Little cream
Eggs

Fry ham, add tomato, mushroom, Watkins Pepper and cook mixture few minutes. Pour into buttered baking dish, add eggs, seasoning and little cream. Bake about 6 minutes.

Egg Souffle Ring

1 tablespoon flour
2 tablespoons butter
¾ cup milk
4 egg yolks
4 egg whites

Make white sauce, not too thick, of the flour, butter and milk. Separate the 4 eggs, beat yolks and add the white sauce, fold in stiffly beaten egg whites. Bake for 35 minutes in moderate oven, put oil paper in ring mold and set in hot water while baking. Serve with creamed mushrooms.

Creoled Eggs (Luncheon Dish)

1 can (small) tomatoes
3 onions, chop fine
3 green peppers, chop
Salt
½ cup diced celery
1 tablespoon butter
Watkins Pepper
1 teaspoon flour
Watkins Paprika

Melt butter, stir in flour, onions, Watkins Pepper. Stir mixture. Add tomatoes, heat thoroughly. Place 1 dozen hard cooked eggs in buttered baking dish. Cover with hot tomato mixture. Sprinkle with grated cheese. Brown lightly in oven. Add dash Watkins Paprika.

Plain Omelet

4 eggs
4 tablespoons milk
½ teaspoon salt
⅛ teaspoon Watkins Baking Powder
Watkins Pepper

Beat egg yolks using rotary whisk. Add salt, Watkins Pepper and milk. Beat briskly. Add Watkins Baking Powder to egg whites, beat stiff. Cut and fold into egg yolks. Pour into well buttered omelet pan, (butter side and bottom), cook slowly until omelet puffs up and is brown underneath. Raise edge lightly. Place in 350 degree F. oven 10 to 15 minutes to cook top. Carefully fold and turn on hot platter. Garnish with parsley.

Spanish Sauce for Omelets

2 tablespoons butter
1½ cups tomatoes
1 chopped onion
1 can sliced mushrooms
6 olives, chopped
½ green pepper
¼ teaspoon salt
Watkins Pepper
Watkins Red Pepper

Heat butter, add chopped onion, green pepper, tomatoes, seasoning, olives and mushrooms. Cook until moisture has nearly evaporated. Before folding the omelet, place a spoonful in center. Fold and pour rest of sauce over and around omelet.

Gnocchi (Italian Luncheon Dish)

2 cups milk, heat to boiling
2 tablespoons butter
5 tablespoons corn meal
¼ teaspoon salt
1 egg
2 tablespoons grated cheese
Watkins Paprika

Heat milk in double boiler, stir in butter, salt, meal and beat mixture. Cook until mixture thickens. Remove from fire, stir in beaten egg and 2 tablespoons grated Parmesan Cheese. Pour into a small loaf bread pan. When cold, cut with small round biscuit cutter. Brush with melted butter, sprinkle with Parmesan Cheese, place in oven to lightly brown. Add Watkins Paprika just before serving.

Eggs

Should be cooked at low temperature, because the protein coagulates on heating.

Scrambled Eggs, Beef and Cheese

½ cup dried beef
1 cup tomatoes
¼ cup grated cheese
2 tablespoons butter
Watkins Paprika
3 eggs
Watkins Black Pepper
Few grains Watkins Red Pepper

Chop beef, heat over hot water. Heat tomatoes, add cheese, butter, seasoning, well-beaten eggs, and later beef. Cook until eggs are creamy, but not dry. Serve hot on buttered toast.

Spanish Eggs

6 eggs
⅓ cup stewed tomatoes
1 tablespoon lemon juice
2 dozen stuffed olives, cut
¾ teaspoon salt
Watkins Onion Seasoning
Watkins Paprika

Beat eggs lightly, strain tomatoes and add to eggs, lemon juice, salt and onion. Add cut olives. Cook in double boiler, stirring constantly.

Welsh Rarebit—No. 1

2 small whole eggs or 1 large egg
2 heaping teaspoons Watkins Dry Mustard
½ teaspoon Watkins Red Pepper
1 pint beer or ale at room temperature, not cold
2 pounds Herkemer Co. N. Y. Cream Cheese not green, but not dry or oily
Watkins Paprika

Beat eggs, add Watkins Drv Mustard, Pepper, blend well. Fill lower part of chafing dish with boiling water and continue boiling. Cut cheese in small pieces add to chafing dish and stir with large spoon. When cheese is partly melted, slowly add beer in small quantities stirring constantly and vigorously until smooth and of right consistency. Add seasoning, serve immediately on crisp crackers and dash of Watkins Paprika. The secret of rarebit is that it be cooked quickly over hot flame in double boiler with water constantly boiling. The mixture must be stirred constantly.

Welsh Rarebit—No. 2

Put into chafing dish:
1 tablespoon butter
Little Watkins Dry Mustard
Pinch salt
Watkins Paprika
2 pounds grated cheese
1 cup milk
2 eggs

When butter is melted and thoroughly mixed with salt and Watkins Dry Mustard, add grated cheese. Stir. When partially melted add milk. Stir. When three fourths melted add eggs, well-beaten. Stir. Mixture should be smooth. Serve on hot crackers. Serves eight people.

Fish

Hints On Fish

Buy fish from a sanitary market where the fish is kept in a refrigerator compartment. In buying salmon or halibut steak, one pound will serve two to three. Fish must be fresh.

The eyes of the fish should be bright, gills red, scales bright, flesh firm. The flesh of the fish should leave no imprint at touch of fingers.

There should be no unpleasant foreign odor.

Fresh fish sinks when placed in cold water.

Have the butcher scale and clean the fish. But fish need additional cleaning before cooking.

Wipe fish with clean white cloth wrung out in cold water. Remove any blood adhering to backbone.

Remove any scale, always scrape against the scales with back of knife.

Carefully wipe out inside as well as outside of fish.

To keep fish—Because of its strong odor, fish must be well covered in a tin pail and kept in the refrigerator.

If fish is to be kept over 24 hours, clean carefully, cut in pieces as for serving. Cook a few minutes in hot olive oil. When cold, cover, place in the refrigerator. Then cook at first opportunity.

U. S. Government Food Experts recommend cooking fish quickly in a hot oven of 550 degrees F. to retain the best flavor and food value.

Hints On Cooking Fish

1. Bake medium fat fish and place strips of fat salt pork or fat bacon over the fish. This will improve the flavor and keep the fish moist.
2. If broiled, the fish should be basted frequently with melted butter.
3. Dried fish as cod, mackerel, finnan haddie, haddock should be soaked in cold water flesh side down. Examine fish carefully, cut away any parts not to be cooked. Wash well. Change the water several times. The length of time for soaking depends on the degree of saltiness. Then rinse and dry.
4. Stuffed fish is better if boned. Fish is not tough in fibre, and requires a short cooking period. **Do not over cook fish**—fish to be appetizing must be flaky. To prepare quick frozen fish, cook without thawing.

Baked Fillets

Carefully clean fish and wipe dry. Cut in pieces as for serving. For fillets, dip in salted milk (1 level tablespoon of salt to each cup of milk) then dip in very fine dry bread crumbs. Place in pan—no water—rubbed well with olive oil. Brush fish with olive oil or butter melted over hot water. (Use 1 tablespoon of olive oil to each pound of fish). Brown quickly, 10 to 20 minutes in 550 degree F. oven, then serve on hot platter.

Fish

Sauces and Relish To Serve with Fish

A well seasoned sauce and a dash of Watkins Paprika is a necessary accompaniment to serve with fish. A fat fish should have a sharp acid sauce. A lean fish requires a rich sauce to give flavor to the fish. A tart relish, a well seasoned cole slaw or pickled beets are appetizing. Boiled fish requires a sauce with a rich flavor and a note of color. Serve a hot Hollandaise, an egg or a hot cheese sauce. Serve mayonnaise salad dressing with cold boiled fish. For fried, baked or broiled fish, serve Tartare Sauce. Hot Lemon Butter Sauce, Tomato Sauce, Chili Sauce or Hot Hollandaise Sauce.

Broiled Fish

Clean fish carefully, dry fish fillets. Add salt, Watkins Pepper and rub with lemon juice. Brush both sides with olive oil. Place flesh side up on well-greased broiler. Broil to medium brown, about 10 minutes. Turn and broil other side to brown skin. To remove from broiler, carefully loosen fish on one side, then turn, loosen other side. Slip from broiler on a hot platter. Add a little butter melted over hot water and a garnish of parsley.

For Whole Fish

Split down the back, place skin side down on well-greased broiler and broil to medium brown, about 10 minutes. Turn, broil other side. Serve immediately on hot platter. Garnish with parsley.

Fried Fish

Wipe fish fillets carefully. Roll in salted flour or in fine dry bread crumbs, or in fine corn meal. Place one layer in frying basket, fry in deep hot fat, 370 degrees F., 3 to 5 minutes according to thickness.

Serve These with Fish

Wash lemons, dry, cut crosswise, slice, or quarter and decorate one half with finely minced parsley, the other half with Watkins Paprika. Serve spiced cranberries, cranberry mold, cranberry sauce, chili sauce, fried apple rings, glazed pineapple, applesauce, beet relish or cinnamon apples with fish. Or serve fruit sherbet, lemon ice, tart jelly and baked hominy and relishes.

Baked Stuffed Fish

Baste dry meated fish every 10 minutes. Do not baste oily meated fish. Bake 10 to 15 minutes in very hot oven, 550 degrees F., then reduce heat to 425 degrees F., bake 30 to 45 minutes, depending on thickness. Ten minutes to the pound up to 4 pounds, then 5 minutes for each additional pound.

Fish and Sauces

Baked Fish

1 choice fish
1½ ounces butter
1 dessert spoon stale bread crumbs
2 tablespoons water
1 teaspoon lemon juice
¼ teaspoon salt
¼ teaspoon Watkins Pepper
Watkins Paprika
Watkins Onion Seasoning

Remove fins from fish, clean carefully, wash and dry. Place in dish, pour water and lemon juice over fish. Sprinkle onion, salt, Watkins Pepper and bread crumbs, drop pieces of butter on fish. Bake about 30 minutes according to thickness.

Stuffing for Baked Fish

3 slices stale bread or 1 cup
3 tablespoons butter
1 small onion, finely minced
1 tablespoon chopped parsley
Salt to taste
Watkins Pepper to taste
1 small egg, little milk if needed
Watkins Paprika
Watkins Celery Salt
Watkins Onion Seasoning

Soak bread in cold water until quite soft, mash smooth, add butter, onion, parsley, little milk—mixture must be just firm enough to keep its shape—stuff fish, sewing the opening. If a dry crumbly stuffing be preferred, omit soaking and use half cracker crumbs. Capers or pickles may be used in place of onions. Serve with egg sauce. Add chopped hard boiled eggs to cream sauce.

Baked Fish (Quick Method)

1 cup milk
1 teaspoon salt
Bread crumbs
Butter
Watkins Pepper
Watkins Paprika

Clean and dry fish. Cut in pieces, dip in milk after adding salt, then in bread crumbs, place in baking pan adding little olive oil, add little butter to fish. Brown quickly in very hot oven. No water in pan.

Fried Fish

Clean fish carefully, dry. Sprinkle with salt, Watkins Pepper. Dip in flour, beaten egg, cracker crumbs. Fry in deep hot fat. Use Tartare Sauce.

Codfish Balls

1 cup salt codfish
2 cups mashed potatoes
2 cups milk or cream
2 eggs, well beaten
3 tablespoons butter
Watkins Pepper
Watkins Paprika

Put codfish in stew pan, cover with cold water, let come to boiling point, slowly. Drain fish very dry. Put back in pan and add cream. When hot, make thick cream sauce. Salt and Watkins Pepper. Stir this mixture into mashed potatoes (partly cooked). Add well-beaten eggs, fry in hot butter. Do not pat cakes, have them soft and light.

Crab Meat with Mushrooms

1 can mushroom soup
½ pint heavy cream
½ pound crab flakes
Watkins Pepper
1 small can pimento
1 small can mushrooms
¾ tablespoon cooking sherry if desired

Place butter size of walnut in double boiler, add soup, cream, blend until smooth. Add cut mushrooms and cut pimentos, when mixture is hot, stir in crab meat, heat to boiling point. Add little salt, generous amount of Watkins Paprika. Serve on hot buttered toast.

Baked Scallops

1½ pounds scallops
1 tablespoon lemon juice
Watkins Pepper
Little salt
1⅓ cups white sauce
Grated cheese
Watkins Paprika

Carefully prepare scallops, season with salt, Watkins Pepper, lemon juice, cover bottom of well-buttered baking dish, little of sauce and sprinkle with cheese. Repeat with scallops, sauce, and cheese. Bake about 15 minutes in moderate oven.

Clams A La Newberg

1 pint clams
2 tablespoons butter
3 egg yolks
Watkins Paprika
Watkins Pepper
3 tablespoons sherry
½ cup cream
Salt

Clean clams, separate soft parts; chop hard parts. Melt butter, add hard part of clams, seasoning. Cook over slow fire about 7 minutes, add cream and soft clams. Cook 2 to 3 minutes. Add slightly beaten egg yolks. Stir over low fire, serve immediately.

Fish Pudding

2 pounds halibut
2 tablespoons flour
2 tablespoons butter
1 large cup top milk
Lemon juice
Watkins Onion Seasoning
Watkins Pepper
Watkins Paprika
Little Worcestershire sauce
4 eggs
Salt
Watkins Celery Salt

Boil halibut 20 minutes, remove all skin and bones. Blend flour and butter, add milk and seasoning, cook in double boiler until smooth sauce. Cool. Add beaten egg yolks, and last fold in stiffly beaten egg whites. Place in well-buttered mold, set in pan with little hot water. Bake 30 minutes. Turn on hot chop plate, fill center with very small buttered potato balls.

SAUCE:

1 large cup stiff mayonnaise
¼ teaspoon scraped onion
8 chopped ripe olives
8 chopped green olives
Juice of 1 lemon
1 tablespoon capers
Watkins Paprika
Watkins Onion Seasoning
Watkins Celery Salt

Blend all ingredients, add 1 beaten egg white and ½ cup boiling water. Mix thoroughly. Pour over fish ring or serve separately.

Crab Meat Cakes

Form crab meat into cake by mixing with little cream sauce.

Remove all bones, roll crab meat in beaten egg, and white bread crumbs. Fry in little butter until brown. Fry mushrooms in butter, add 2 cups cream, little flour, salt, Watkins Pepper, cooking until sauce thickens. Add ½ glass cooking sherry. Add crab meat to mushrooms, serve hot. Add Watkins Paprika.

Fish and Vegetable Casserole

2 cups flaked cooked fish
½ cup soft bread crumbs
½ cup grated cheese
1 cup peas
¾ teaspoon salt
Watkins Pepper
1½ cups milk
Watkins Onion Seasoning
Watkins Celery Salt
¾ cup cooked lima beans
3 eggs
Watkins Red Pepper

Blend all ingredients, place in buttered casserole, set in pan of hot water, bake in slow oven 1 hour. or more, until firm. Serve with mushrooms or rich cream sauce. Watkins Paprika.

Lobster Chop (For 6)

3 tablespoons flour, mix thoroughly with
2 heaping tablespoons butter
1 cup milk
1 can lobster
Watkins Paprika
Watkins Pepper

Make heavy cream sauce with flour, butter and scalded milk; cook in double boiler. Flake lobster, form into chop. Dip in cracker crumbs, then in beaten egg, again in cracker crumbs. Fry in butter, serve with tartare sauce. Two cups of cooked ground chicken may be used instead of lobster.

Fish Noodle Ring (luncheon dish)

1 cup egg noodles
1½ cups hot milk
1 cup soft bread crumbs
¼ cup butter, melted over hot water
3 eggs
Watkins Onion Seasoning
Salt
1 tablespoon chopped parsley
1 pimento, chopped
2 cups grated cheese
Watkins Pepper and Paprika
Watkins Celery Salt

Break noodles into boiling salted water, cook until tender. Turn into colander and pour cold water over noodles. Mix hot milk, bread crumbs, butter, seasoning, add well-beaten eggs. Fold into noodles, pour into buttered ring mold, set in pan of hot water, bake in moderate oven until firm. Just before serving, unmold noodles on large plate, fill center of mold with diced creamed chicken, creamed lobster, creamed mushrooms.

Baked Halibut with Tomato Sauce

2 cups tomatoes
1 cup water
1 slice onion
3 tablespoons flour
¾ teaspoon salt
Watkins Pepper
1 tablespoon butter
2 pounds white fish, clean carefully
Watkins Onion Seasoning

Cook these ingredients until thick, stirring constantly. Strain. Place fish in greased baking pan, pour sauce over fish, bake about 40 minutes basting often. Have hot platter and serve immediately.
Use Watkins Paprika and Watkins Celery Salt.

Lobster Cutlets

1 can lobster
4 egg yolks
1 tablespoon butter
Juice of 1 lemon
1 cup milk
Salt
2 tablespoons flour
Tartare sauce
Watkins Paprika
Watkins Onion Seasoning
Watkins Pepper

To one can lobster, separate into small pieces, squeeze juice of 1 lemon, let stand 30 minutes. Make thick cream sauce with yolks of eggs, milk, flour, butter, salt and Watkins Pepper. Cook until thick. Add mixture to lobster. Cool. Shape into cutlets, dip in egg, cracker crumbs and fry. Serve with tartare sauce.

Fish Ring

1 pound halibut, cod or salmon
4 eggs
2 teaspoons anchovy paste
Little salt
Little Watkins Pepper
1 cup bread crumbs
Milk to moisten crumbs
Watkins Paprika

Boil fish, let cool, separate in small pieces, add bread crumbs, well-beaten eggs, mix well. Place in well-buttered ring mold, steam 1½ hours, or until firm. Serve with cream sauce, cover with hard boiled eggs put through ricer. Use green peas in center of ring. To prevent odor of fish while cooking, squeeze lemon juice on both sides of fish, wrap in wax paper, let stand in refrigerator 1 hour before cooking.

Fish Supreme

1½ pounds of halibut or white fish
½ cup mushrooms
1 cup bread crumbs
4 eggs
Watkins Red Pepper
1 pint cream
½ cup butter
1½ teaspoons salt
½ teaspoon Watkins Pepper
Watkins Onion Seasoning
Watkins Celery Salt

Remove bones and skin of fish and pound, rub through strainer. Cook bread crumbs and cream in double boiler 10 minutes, add butter, seasoning. When cold add fish and beat thoroughly. Add well-beaten eggs and place in buttered ring mold. Set mold in deep pan with hot water to 1 inch of top. Cover mold with wax paper. Bake in moderate oven 45 minutes.

Fish Souffle

2 pounds halibut
3 tablespoons butter
Watkins Paprika
2 tablespoons flour
½ cup milk
4 eggs
1 pint cream

Boil fish in boiling water 15 minutes. Cook and flake—make sauce of flour, butter and milk in double boiler. Cool, then stir in fish. Fold in stiffly beaten whites of eggs and whipped cream. Bake in slow oven 45 minutes in well-buttered mold set in pan with hot water. Serve with cream sauce.

Oyster Cocktail

6 raw oysters
2 tablespoons tomato catsup
2 drops Tobasco sauce
1 teaspoon celery
Watkins Paprika
½ tablespoon lemon juice
½ teaspoon Worcestershire sauce
Horse-radish to taste
Watkins Celery Salt

Oysters must be thoroughly chilled. Serve on plate of ice. Have sauce well blended.

Escalloped Oysters

1½ pints large oysters
1 cup top milk
1 cup cream
1 teaspoon lemon juice
2 tablespoons butter
2 tablespoons flour
Salt
Watkins Pepper
Bread crumbs
Grated cheese if desired
Watkins Paprika

Heat oysters in double boiler. Skim oysters from liquor, add lemon juice. Heat milk, make thick sauce using butter, flour and milk. Add cream, mix together. Butter baking dish, add mixture, cover with layer buttered cracker crumbs and grated cheese. Bake in hot oven 425 degrees F. about 10 minutes or until brown.

Oysters with Mushrooms

1 pint oysters
¾ cup cooked mushrooms
1½ cups raw diced celery
4 tablespoons butter
4 tablespoons flour
Watkins Pepper
¾ teaspoon salt
Watkins Paprika
Watkins Celery Salt
2 cups milk
2 teaspoons Worcestershire
Buttered cracker crumbs

Wash oysters, drain, if large cut in half. Blend butter, milk, flour, salt, to smooth sauce. Add oysters, mushrooms, celery, place in buttered baking dish, cover with crumbs, brown in moderate oven. Set baking dish in pan with hot water.

Salmon In Gelatin

½ package lemon gelatin
¾ cup boiling water
2 tablespoons lemon juice
1 tablespoon sugar
¼ teaspoon salt
2 tablespoons chopped sweet pickle
½ cup salmon (remove all bones)
1 egg boiled hard, sliced
⅓ cup chopped celery
⅛ teaspoon Watkins Paprika
Watkins Celery Salt

Pour boiling water over gelatin and stir until dissolved. Add lemon juice, sugar, salt, and Watkins Paprika. Cool and let thicken slightly. Add rest of ingredients, placing slices of egg in bottom of mold which has been rinsed in cold water. Place in refrigerator. Unmold on lettuce, cover with salad dressing. Do not add sugar if Jello is used.

Boiled Salmon

Tie salmon in clean, white cheesecloth, cook in salted water until tender. Do not over cook. Carefully remove cheesecloth, serve on hot platter with pieces of lemon and Watkins Paprika. Serve with Hollandaise or Tartare Sauce.

Salmon Croquettes

1 cup boned salmon
1 tablespoon butter
1 tablespoon flour
½ cup milk
1 teaspoon lemon juice
⅛ teaspoon Watkins Pepper
½ teaspoon salt
Watkins Paprika
½ teaspoon Watkins Black Pepper

Make cream sauce with butter, flour, milk, salt and Watkins Pepper, cooking until thick. Put salmon into bowl, add sauce and lemon juice; mix well with fork until salmon is well broken. Set aside, when cold, mold into desired shape, roll in bread crumbs, dip in egg beaten with 1 tablespoon cold milk, then in bread crumbs. Let dry an hour. Fry in deep hot fat. Serve with butter sauce. Ground cooked chicken may be used instead of salmon.

Salmon Loaf

1 pound can salmon
½ cup bread crumbs
⅛ teaspoon Watkins Pepper
½ teaspoon salt
2 egg yolks
1 teaspoon chopped parsley
1 tablespoon lemon juice
½ cup hot milk
2 egg whites
2 tablespoons melted butter

Remove skin and bones from salmon—add all ingredients except egg whites. Fold in stiffly beaten egg whites, bake in buttered mold in moderate oven 1 hour. Watkins Paprika.

Baked Scallops

2 pounds scallops
1 cup fine buttered bread crumbs
Salt
Watkins Pepper
1 cup cream
¾ cup chopped celery
2 tablespoons grated cheese, (Parmesan preferred)

Wash scallops, drain. Cover with cold water, heat to boiling, drain. Cover a buttered baking dish with a thin layer of crumbs, then scallops and sprinkle with salt, Watkins Pepper, and cheese. Repeat in layers. Add cream. Cover with crumbs and cheese. Bake at 350 degrees F., 30 minutes.

Shrimps

2 cups cooked shrimps
2 cups hot boiled rice, cooked dry
1½ cups heavy cream
¼ cup butter
Salt
Watkins Celery Salt
Watkins Paprika
3 tablespoons tomato catsup

Blend all ingredients and heat thoroughly in double boiler. Serve hot with a green salad.

Shrimp Luncheon Dish

1 can shrimp
½ cup grated cheese
⅓ cup fine bread crumbs
1 cup peas(cooked)
¾ cup cut carrots
¾ teaspoon salt
2 eggs beaten
1½ cups milk
Watkins Onion Seasoning
Watkins Celery Salt
Watkins Pepper
Watkins Paprika

Mix all ingredients, place in well-greased baking dish and bake about 1 hour in moderate oven. Set baking dish in little hot water to cook.

Tuna or Lobster Newberg

2 cups tuna or lobster meat
2 tablespoons butter
2 medium-sized truffles, diced
3 egg yolks
Small glass Madeira wine
½ pint cream
Salt
Watkins Red Pepper
Watkins Paprika

Cook truffles, butter and seasoning about 5 minutes. Add wine, cook 2 to 3 minutes, add beaten egg yolks, cream, stir slowly over low fire. Stir in lobster or tuna fish. Serve very hot, add Watkins Paprika.

Tuna Fish Cocktail Sauce or Crabmeat

1 cup tomato cocktail sauce
3 tablespoons grated horse-radish
1 small green pepper, chopped
Juice 1 lemon
1 teaspoon Worcestershire sauce
3 tablespoons chili sauce
Dash Tobasco

Blend all ingredients, add Watkins Red Pepper, Watkins Paprika and Watkins Celery Salt to suit taste. Flake fish, pick over carefully. Or blend 1½ cups crabmeat with ½ cup ketchup; horse-radish and little lemon juice.

Tuna A La King

4 tablespoons butter
4 tablespoons flour
1⅔ cups milk
⅓ cup cream
¼ teaspoon Watkins Paprika
¼ teaspoon salt
2 eggs beaten
¼ teaspoon Watkins Celery Salt
¼ cup chopped pimentos
1½ cups tuna fish
Salt to taste

Melt butter, slowly add flour, blend well, add milk and cream little at a time. Cook in double boiler to smooth cream sauce. Add tuna and seasoning. Cook 2 to 3 minutes, add eggs and cook 1 to 2 minutes. Serve on buttered toast or rice cakes.

Bearnaise Sauce

3 tablespoons tarragon vinegar
3 tablespoons water
½ onion, sliced
4 egg yolks
4 tablespoons butter
½ teaspoon salt
⅛ teaspoon Watkins Paprika
Watkins Onion Seasoning
Watkins Red Pepper

Heat water, vinegar and onion to boiling point, remove onion, pour mixture over lightly beaten egg yolks. Add seasoning. Cook over hot water until mixture thickens, stirring constantly, add butter little at a time. Watkins Paprika.

Mayonnaise Fish Sauce

1 large cup stiff mayonnaise
½ teaspoon scraped onion
1 lemon, juice
1 small can capers
½ cup chopped olives
Watkins Paprika
Sprig chopped parsley
1 egg white, beaten stiff
½ cup boiling water (add just before serving) beat thoroughly

Blend all ingredients. Cook in double boiler. Use Watkins Onion Seasoning and Watkins Celery Salt. Few grains Watkins Red Pepper.

Watkins Cream Sauce

2 tablespoons butter
2 tablespoons flour
1 cup chicken stock
Little salt
Little Watkins Paprika
2 egg yolks
⅓ cup cream
1 tablespoon lemon juice
Watkins Celery Salt
Watkins Onion Seasoning
Watkins Red Pepper

Melt butter, add flour, blend well. Add chicken stock and cream, stirring constantly. Bring to boiling point, remove from fire. Add beaten egg yolks and seasoning.

Browned Butter Sauce

⅓ cup butter
1 teaspoon lemon juice
Salt
Watkins Pepper
Watkins Paprika
1 tablespoon Worcestershire sauce, if desired
Watkins Celery Salt

Brown butter in pan, stirring well. Add seasoning.

French Butter Sauce

¼ cup butter
⅛ teaspoon Watkins Pepper
½ tablespoon finely chopped parsley
Watkins Celery Salt
⅓ teaspoon salt
1 tablespoon lemon juice
Watkins Paprika
1 tablespoon chopped green and red pepper

Cream butter, add seasoning, slowly add lemon juice. Add chopped pepper and Watkins Paprika. Watkins Red Pepper to season.

Cucumber Sauce

Watkins Black Pepper
Watkins Paprika

Beat ½ cup of thick cream to good consistency; add ¼ teaspoon salt, a pinch of Watkins Black Pepper and 2 tablespoons vinegar; add 2 small cucumbers, peeled, sliced, chopped and drained. Watkins Paprika.
Cucumbers should crisp 1 hour in iced water with salt.

Hollandaise Sauce for Fish

Makes 1 cup

¼ cup butter
1 tablespoon flour
2 egg yolks
¾ cup boiling water
Juice 1 lemon
Salt
Watkins Paprika
Watkins Red Pepper

Mix butter and flour smoothly. Put in double boiler. Add yolks of eggs beaten well. Add boiling water, keep stirring until sufficiently thick. When ready to serve, add juice of lemon. Use rotary beater. Add salt and Watkins Paprika.

Normandy Fish Sauce

1 cup Fish Stock
2 tablespoons butter
3 tablespoons flour
⅓ cup heavy cream
2 egg yolks
Salt
Watkins Pepper
Watkins Paprika
1 tablespoon lemon juice

Melt butter, stir in flour, blend well. Slowly stir in fish stock. Stir in cream. Stir and bring to boiling point. Just before serving stir into lightly beaten egg yolks. Add seasoning and lemon juice.

Tartare Sauce

1½ tablespoons minced sour pickle
1 tablespoon minced chives
Few drops onion juice
1 cup mayonnaise
Watkins Paprika
1 teaspoon minced capers
1 teaspoon minced green olives
1 tablespoon vinegar

Mix all thoroughly when ready to use. Use Watkins Celery Salt and Watkins Onion Seasoning and Watkins Red Pepper to suit taste.

Tomato Sauce for Baked Fish

1 can tomatoes
2 large onions, sliced
Watkins Onion Seasoning
Watkins Celery Salt
⅓ cup cooking sherry
Watkins Red Pepper
2 tablespoons flour
¼ cup olive oil

Heat oil, add sliced onions and cook until brown. Add flour mixing with little hot oil, then tomatoes after putting through sieve. Heat to boiling point and stir briskly. Add seasoning. Heat and pour over baked fish.

Barbecued Fish

Medium-sized fish
Salt
Watkins Pepper
Butter

Scale, clean, wash and dry fish. Split down the back and remove backbone. Place skin side down in pan, add seasoning, butter and brown in a hot oven. Baste fish with butter while cooking. When golden brown, place over medium flame on top of stove and prepare sauce.

Barbecue Sauce for Fish

Pan drippings
1½ cups boiling water
Salt
Watkins Pepper
A-1 Sauce
Few drops Tobasco
Watkins Dry Mustard
Watkins Red Pepper
Watkins Chili Powder
Watkins Paprika

Blend all the ingredients for sauce, stir and cook 2 minutes. Pour over hot fish.

Sherry Shrimp Sauce

1 tablespoon butter
1 teaspoon flour
½ cup cream
2 egg yolks
2 tablespoons sherry
Salt
Watkins Paprika

Melt butter, stir in flour, slowly stir in cream and blend well. Cook until mixture thickens. Heat the cooked lobster or shrimp in sauce. Before serving, add beaten eggs and sherry. Heat and serve.

Poultry and Game

Fried Chicken

3 to 4 pound fowl
Salt
Watkins Pepper
¼ cup butter
¼ cup lard
½ cup chicken stock (hot)
½ cup cream

Clean, dress chicken, cut in pieces, dredge with flour, fry in butter and lard and brown. Bake in moderate oven, baste every 5 minutes with one fourth butter and three fourths boiling water. When tender remove fowl. Skim fat leaving 2 tablespoons for gravy, add 2 tablespoons flour, blend. Add stock, cream, seasoning. Cook, then strain.

Roast Chicken

Dress, clean, stuff chicken, fasten legs, place fowl in dripping pan, rub well with salt, little Watkins Pepper. Spread fowl with soft butter, place in hot oven 20 minutes, 450 degrees F. Then reduce heat to moderate. Baste chicken every 10 minutes using boiling water, little butter. Add little boiling water in bottom of pan. Bake 2 hours if 5-pound fowl. If glazed surface is desired rub fowl with soft butter and brown. Use any dressing desired.

Roast Chicken or Turkey

Singe, clean, wash fowl, dry, and fasten legs. Rub inside with salt, stuff with 2 to 3 cups favorite dressing. Place breast side up on rack in roaster. Rub well with soft butter, sprinkle with salt, Watkins Pepper. Roast uncovered in hot oven, 450 degrees F., about 20 minutes then reduce heat to 325 degrees F. and roast until tender. Baste frequently with drippings from pan or use a mixture of butter and hot water. Allow 20 to 25 minutes per pound for cooking. Turn chicken with breast down the last 25 minutes of roasting.

Broilers—Southern Style

2 broilers, 2½ pounds each
2 small onions
3 stalks celery
1 teaspoon salt
¼ cup rice, wash well and cook
Watkins Pepper

Wash, split broilers, place cut side down in iron skillet. Add onions and celery. Add boiling water to half cover chicken. Cover tightly and cook slowly 50 minutes. Add the cooked rice and continue cooking until chicken is tender, 20 minutes longer or more. Remove onion and celery and serve rice with the chicken.

Broiled Chicken

Select Broilers
1½ to 2½ pounds
Watkins Pepper

Split broilers down the back, wash and dry carefully. Rub well with soft butter or olive oil, sprinkle with salt, Watkins Pepper. Place skin side down on well greased rack in broiling pan. Place 2 to 3 inches from flame if gas, with oven at 450 degrees F. Sear on both sides, reduce heat to 325 degrees F., or lower pan. Cook until tender, about 20 to 30 minutes. Serve on hot platter. Or bake 15 minutes in a hot oven, 425 degrees F., then broil 7 minutes or until tender.

Creamed Chicken

1 quart cream (scalded)
Buttered crumbs
1 can mushrooms
Watkins Paprika

Cook chicken until tender. Remove meat from bones. Add cream (scalded), mushrooms. Blend all the ingredients, pour into baking dish, cover with bread crumbs and bake.

Creamed Chicken, or Chicken A La King

3 tablespoons butter
3 tablespoons flour
1½ cups milk and ½ cup hot chicken stock
4 cups diced cooked chicken
½ cup diced pimento
¾ cup mushrooms, cut
Salt
Watkins Celery Salt
Watkins Paprika
Few drops lemon juice

Melt butter, stir in flour and seasoning. Slowly pour on milk and stock, stirring constantly. Bring to boiling point. Add diced chicken seasoned with Watkins Celery Salt. Let stand in double boiler over boiling water 20 to 30 minutes. Serve hot.

Chicken Fricassee

1 four-pound fowl
1 quart boiling water
1 large onion
4 stalks or stems of celery
2 teaspoons salt
6 medium sized carrots
4 to 5 level tablespoons flour
Watkins Pepper

Wash and clean the fowl thoroughly. Remove the oil sack and wash the inside carefully. Place the whole fowl in a large kettle with the boiling water, onion and celery. Cover kettle tightly. Bring to a boil, reduce the heat and simmer gently 30 minutes. Add the salt and carrots and continue to simmer until the chicken is tender, about 2 hours. Remove the fowl and carrots from the stock and keep them hot in the warming oven. Strain the stock, remove all fat and measure the stock.

CHICKEN GRAVY:

2 tablespoons chicken fat
2 tablespoons flour to each 1 cup of stock

Put the fat into a pan and blend in the flour over low flame, but do not brown the flour. Then stir in the strained stock and blend the mixture thoroughly. Cook the sauce, stirring constantly until smooth and thick. Remove the skin from the fowl and the meat from the bones. Arrange the cut pieces of meat in the center of a hot platter. Place the carrots around the chicken and around the outside a border of steamed rice. Pour some of the hot sauce over the chicken or pass the gravy. If a thinner gravy is desired, add a little more stock or cream.

Chicken Luncheon Dish

2 chickens each 2½ pounds, cut in pieces
½ pound sliced bacon, fry
Potatoes
Carrots
Turnips
Onions
1 can peas
1 can mushrooms

Fry the bacon. Dredge the chicken in flour and fry in hot bacon fat until brown on both sides. Then fry sliced vegetables in bacon to a light brown. Place chicken, bacon in center, surround with vegetables, mushrooms on top, in a buttered casserole, cover with a gravy made of 2 tablespoons of butter, 2 tablespoons of flour and cook in the frying pan in which bacon was prepared adding enough hot water to make a thin gravy. Bake in covered casserole 2 hours. Remove cover last 20 minutes to brown.

Fricasse Chicken (Spanish)

Chicken
2 tablespoons butter
2 small onions
1 cup chopped green peppers
1 cup chopped pimento olives
Salt
1 tablespoon minced parsley
1 cup canned tomato soup
Watkins Pepper
Watkins Celery Salt
Watkins Onion Seasoning

Prepare chicken for frying and cut into small pieces. Melt butter in frying pan and cook small minced onions. Add sufficient fat and fry chicken. Add chopped green pepper, chopped pimento olives, minced parsley, canned tomato soup, salt and Watkins Pepper to taste.
Cook 1 hour. Serve hot with steaming rice.

Smothered Fried Chicken

Fry and brown a young chicken, following recipe given above. Cover chicken with little cream, bring to a boil. Cover pan and bake 30 minutes in moderate oven.

Southern Fried Chicken

1 young chicken, 2½ pounds
2 eggs
1 tablespoon top milk
Little salt
Watkins Pepper
Lemon juice

Clean, dress chicken, cut in pieces, put lemon juice, salt, Watkins Pepper over each piece. Dip chicken into beaten egg and milk mixture, roll in flour, fry in butter and lard. Brown chicken. Cover pan, cook over slow fire until tender.
Gravy: Remove chicken, skim, add 3 tablespoons flour to 3 tablespoons hot fat. Add 1½ cups thin cream, stir and cook until mixture thickens then strain. Season with salt, Watkins Pepper.

Chicken Stew

1 fowl, 4½ pounds
Salt
Watkins Pepper
½ cup flour
Lard and butter, half and half
3 cups chicken stock, hot
1½ cups small white onions, peeled
1 bunch young carrots, wash, scrape
4 tablespoons flour

Wash the fowl carefully and cut in pieces, then wipe dry. Blend salt, pepper with the flour and dredge chicken. Heat butter and lard in skillet to 1 inch and fry chicken a golden brown Drain off all fat. Place cooked chicken in a kettle, add hot stock, cover tightly and cook over low fire 1 hour. Add small onions and cook 30 minutes, add carrots. Simmer 1½ hours longer or until chicken is tender. Remove all fat. Add salt to suit taste. Blend flour with a little cold water, add to hot stew. Arrange on a hot platter.

Browned Pineapple to Serve with Chicken

Drain canned sliced pineapple (save juice for sherbets), wipe with clean towel. Cook in little butter until delicate brown on both sides, serve hot with chicken.

Casserole of Rice and Chicken

Watkins Pepper

Wash carefully 1 cup rice and boil in salted water until tender. Put in colander and pour boiling water through rice. Line buttered mold, fill with cooked rice and fill center of mold with chopped cooked chicken mixed with rich cream sauce. Steam 30 minutes and serve. Lamb or veal may be used instead of chicken.

Jellied Chicken or Veal

2 cups meat stock
1½ tablespoons granulated gelatin
2 tablespoons lemon juice
½ teaspoon salt
⅛ teaspoon Watkins Celery Salt
3 cups chopped chicken, cooked
Watkins Pepper

Soak gelatin in ½ cup cold stock few minutes. Dissolve in ½ cup boiling stock or substitute 2 bouillon cubes dissolved in 2 cups boiling water. Add remaining stock, lemon juice, salt, Watkins Celery Salt. Chill liquid, stir in chopped veal. Pour mixture into ring mold to form.

Chicken Mousse or Fish

White meat of 3 chickens
1 quart whipping cream
Whites of 5 eggs, beaten stiff, to be folded in last
Salt
Pound raw meat to pulp
Watkins Pepper
Watkins Celery Salt
5 egg yolks

Mix in cream little at a time, fold into chicken mixture. Add egg yolks, one at a time; salt last. Grease pan, set in another pan of water. Steam about 60 minutes. Do not cover tightly, use circle pan with hollow center. Serve immediately. Two pounds fresh mushrooms, cream them, plenty of gravy, pour into hollow center of mousse. Serve hot.

Mock Chicken Legs

½ pound veal, ground
½ pound fresh pork, ground
½ pound beef, ground
¾ teaspoon salt
⅛ teaspoon Watkins Pepper
Poultry Seasoning to taste
1 egg, beaten

Blend all the ingredients—press on skewer in shape of chicken leg. Roll in beaten egg and cracker crumbs and fry in butter to golden brown. Place in oven, add drippings from pan and bake 45 minutes.

Smothered Chicken

2 broilers, 2½ pounds, each
½ teaspoon salt
½ cup flour
Lard for frying
2 cups sliced onions
2 cups diced carrots
½ cup chicken stock
Watkins Pepper

Wash, clean, split broilers, wipe dry. Rub salt into chicken and rub with flour. Fry in deep hot lard, drain on paper to remove fat. Place the onions and carrots in heavy pan. Place chicken over the vegetables, pour in stock, cover pan and bake in fairly slow oven about 2 hours. Serve on a hot platter. Long slow cooking necessary. Serve with hot corn bread.

Wild Ducks

Clean, soak in cold, clear water or in little soda water 1 hour. Wash and drain. Stuff, put ducks in roasting pan. Roast 1½ to 2 hours. Add little cream last 30 minutes. Make stuffing of dry bread crumbs, salt, Watkins Pepper, butter and chestnuts, Watkins Celery Salt.

Roast Duck (With Orange)

1 young duck, 5 pounds
1 tablespoon salt to rub duck
Watkins Pepper
3 cups soft bread crumbs, fine
5 tablespoons melted butter
1 orange rind, chopped
2 oranges, peel, remove seeds and white pulp
2 tart apples, peel, cut in cubes
1 teaspoon salt for dressing
Watkins Pepper
½ cup orange juice

Clean duck carefully; singe, wash inside and out. Dry, stuff with blended ingredients. Sew opening. Place duck on a rack breast up in roasting pan, allow 20 to 25 minutes to a pound and place in a hot oven, 450 degrees F. Baste every 5 minutes using drippings in the pan or orange juice to keep duck moist. Serve on a hot platter. Garnish with glazed orange slices. Will serve 4 to 5.

ORANGE SAUCE:

4 tablespoons butter
4 tablespoons flour
1 cup stock, from cooking neck, tips of wing and giblets
1 cup strained orange juice
Few grains Watkins Red Pepper
Strips of orange rind

Melt the butter, blend in the flour, slowly stir in the hot stock. Stir constantly and cook until mixture thickens, then stir in orange juice. Cook orange rind in boiling water 5 minutes. Drain. Add rind to sauce and cook 5 minutes.

Pheasants

Little flour
Salt
Watkins Pepper
Butter
Cream

Clean breast, legs, wash well and dry. Roll in little flour, salt, Watkins Pepper. Fry in butter light brown, put in roasting pan. Add cream, pour over birds. Roast covered until tender. 350 degree F. oven. Add more cream if needed.

Barbecued Chicken

3 chickens (1½ pounds each)
½ cup fat
½ bottle Worcestershire Sauce
¼ cup A-1 sauce
¼ cup diluted vinegar
1½ small bottles tomato ketchup
1 onion, minced
Watkins Pepper
Salt

Clean chickens, split in halves, brown in fat, turn chicken. Use no flour. Place chicken in roasting pan. Blend remaining ingredients, pour over chicken. Bake in 350 degree F. oven about 1 hour or until chicken is tender.

Creamed Turkey Luncheon Dish

Cold cooked turkey will make a delicious creamed dish for luncheon. See Recipe for Mushrooms in Ramekins—Page 65 of Watkins Cook Book and use cooked, diced turkey instead of mushrooms. Or substitute 2 cups cooked turkey instead of cooked lamb and follow the recipe for Lamb Ring, page 64. Or use recipe for Chicken A La King, page 50.

Chestnut Turkey Gravy

Watkins Pepper

Shell chestnuts and boil 20 to 30 minutes until soft, drain and mash. To 1 pint turkey gravy add ¾ cup cooked and mashed chestnuts. Serve very hot. Watkins Pepper.

Turkey Pot Pie

4 cups turkey broth
2½ cups sifted flour
1 cup milk
2 cups cooked diced turkey
1 cup cooked peas
1 cup cooked carrots
Watkins Pepper
Watkins Celery Salt
¾ cup shortening
1 egg
½ cup hot water
¾ teaspoon salt
Heat turkey broth to boiling

Blend one half of the sifted flour with the milk, stir into the hot broth and cook until thick and smooth. Add the turkey, peas, carrots, Watkins Pepper and Celery Salt and pour mixture into buttered baking dish or a large buttered casserole. Cut the shortening into the remaining flour sifted with the salt. Stir in the beaten egg yolk and water blended together and form a soft dough. Roll to ½ inch thickness—cut to fit top of baking dish—pierce opening with fork for steam to escape and brush dough with white of egg. Bake in a hot oven, 425 degrees F., about 25 minutes.

Stuffing or Dressing

Apple Stuffing for Roast Goose

4 large cooking apples, peel and core
1 teaspoon salt
1½ cups cold boiled rice or 1½ cups dry bread crumbs
⅛ teaspoon Watkins Pepper
2 tablespoons melted butter

Cook the apples, with just enough water to keep from burning, until tender. Drain. Blend all the ingredients and mix thoroughly.

Bread Dressing

3 cups dry white bread (remove all crust, crumble into pieces)
½ cup butter (melted)
1 tablespoon chopped onion
3 tablespoons finely chopped celery
½ teaspoon salt
Watkins Pepper
Watkins Onion Seasoning
Watkins Sage
Watkins Celery Salt

Mix all ingredients together, fry onion in little butter before adding to mixture. Toss lightly with a fork to blend. For Celery Dressing use 1 cup chopped celery for 1 cup bread crumbs.
Sufficient for one 5-pound fowl.

Bread Dressing or Stuffing

2½ cups grated soft bread crumbs
1 tablespoon white onion, chopped
¼ cup chopped celery
4 tablespoons butter
½ teaspoon salt
½ teaspoon Watkins Poultry Seasoning

Cook onion and celery in the butter to a light brown. Cool. Add bread crumbs and seasoning. Mix well. Will make 2 cups. Use for meat or poultry.

Chestnut Dressing for a 10 Pound Turkey

2 pounds chestnuts
1 tablespoon olive oil
½ cup melted butter
4 cups bread crumbs two days old or (2) cups freshly mashed potatoes and 2 cups bread crumbs may be used)
¼ teaspoon Watkins Pepper
Watkins Onion Seasoning

Make an opening in each chestnut using a sharp knife. Pour olive oil over the chestnuts and bake for 10 minutes in a hot oven. Remove the chestnuts and take off the shell and scrape off the skin. Cook in boiling salted water until soft, drain and put through a potato ricer twice. Add the remaining ingredients and blend thoroughly.

Chestnut Stuffing

- 3½ cups chestnuts, blanch
- ¼ cup butter
- 1 teaspoon salt
- Dash Watkins Pepper
- 2 cups seedless raisins
- ½ cup heavy, sweet cream
- 1 cup bread crumbs (dry)
- Watkins Onion Seasoning
- Watkins Celery Salt

Cook raisins in little water, drain. Cook chestnuts in boiling water until soft. Drain and mash through potato ricer. Add remaining ingredients and mix lightly.

Southern Corn Bread Stuffing For Chicken or Turkey

- 4 cups dry corn bread
- 1 cup chopped celery—crisp in ice water then dry
- ½ chopped onion
- ½ teaspoon salt
- ⅛ teaspoon Watkins Pepper
- 5 eggs, beaten slightly

Blend all the ingredients lightly with a fork. Any dressing not used as filling, place in the roasting pan and baste frequently when basting the fowl.

Oyster Stuffing

- 2 cups dry bread crumbs (no crust)
- 1½ cups cracker crumbs
- 2 teaspoons salt
- Watkins Paprika
- ¾ cup melted butter
- ½ teaspoon Watkins Pepper
- 1½ pints oysters, cleaned and muscle removed

Mix all ingredients, toss with fork. Heat oysters in own liquid, drain before using.

Potato Stuffing for Duck or Goose

- 3 cups hot mashed potato freshly cooked
- 1 cup dry bread crumbs
- ½ cup butter, melted
- ½ cup minced onions
- ½ teaspoon salt
- ⅛ teaspoon Watkins Pepper
- 1 egg, well beaten

Blend all the ingredients. When the mixture is cold, use as a stuffing for duck or goose. Add little milk if mixture is too dry. Add ½ cup cooked, chopped giblets instead of onions if you prefer.

Onion Stuffing

- 3 onions, chopped fine
- ¼ cup shortening
- 1½ cups soft bread crumbs
- ¾ teaspoon Watkins Sage
- ½ teaspoon salt
- ½ teaspoon Watkins Pepper
- 2 tablespoons paresly, chopped
- 2 tablespoons water
- 1 egg, beaten

Cook onion slowly in melted butter. Add crumbs, Watkins Sage, salt and Watkins Pepper, parsley and water. Fry until lightly brown. Remove from fire and add beaten egg.

Sausage Stuffing

- ⅓ pound sausage meat
- 1 cup chestnuts
- 1 small onion chopped fine
- 1 teaspoon salt
- Watkins Sage
- Watkins Celery Salt
- Watkins Pepper to taste
- 1½ cups fresh bread crumbs
- 3 tablespoons butter

Cook onion in butter and sausage and cook 4 to 5 minutes. Remove from fire. After boiling chestnuts until soft, drain and add to first mixture. Blend all ingredients and stuff bird lightly.

Turkey Dressing

- 2 large loaves dry white bread (remove all crust), crumb bread
- 1½ cups melted butter, (melt butter over hot water)
- Salt and Watkins Pepper to taste
- 1 to 2 cups chopped chestnuts
- 1 to 1½ cups white raisins
- Watkins Sage
- Watkins Celery Salt
- Watkins Onion Seasoning

For 10 to 12 pound turkey. Add butter to bread crumbs. Mix thoroughly and add seasoning. Blend mixture lightly with a fork. Use as stuffing.

Tasty Veal Dressing

- 3 tablespoons butter
- 1 pound mushrooms, chopped
- 1 tablespoon chopped parsley
- 1 medium-sized onion, minced
- 4 slices dry bread
- ¾ cup milk
- 3 eggs, beaten
- ½ pound chopped veal (cooked)
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- ⅛ teaspoon Watkins Pepper
- 1 teaspoon Watkins Paprika
- 3 cups fine crumbs
- ½ cup sour cream
- Watkins Poultry Seasoning

Melt butter. Add mushrooms, parsley, onion, veal, brown lightly. Soak bread in milk, squeeze dry and add to first mixture. Remove from heat. Add eggs, Worcestershire sauce, veal and seasonings. Soak crumbs 10 minutes in the sour cream, add Watkins Poultry Seasoning. Blend mixture lightly with a fork.

Meats

(Rules for Cooking Meat)

1. Remove meat from paper wrapping immediately as paper absorbs meat juices.

2. Wipe meat with a clean, damp cloth. Do not wash meat. Wrap in waxed paper, place in refrigerator until ready to use.

3. To Broil—Preheat oven 10 minutes, with oven regulator set at top speed, 500 degrees F. Have meat 1½ to 2 inches thick. Place meat on rack 3 inches below heating unit. Broil with oven door open. When brown on one side, season with salt, Watkins Pepper and turn. Reduce heat to 350 degrees F., continue cooking to suit taste. Add piece of butter and serve.

4. To Roast—For rib roast, place in pan, fat side up. Rub roast with salt, Watkins Pepper and flour. Sear in very hot oven, 500 degrees F., 20 to 30 minutes. Reduce heat to 325 degrees F., and cook. Allow 18 minutes per pound for rare meat, 22 to 25 minutes for medium, and 30 minutes for well done. Do not add water and do not cover.

5. To Braise—Brown the meat in hot fat. Add a small amount of boiling water, cook slowly until tender. Add salt when half done, ½ teaspoon per pound.

6. To Boil Meat—Place meat in a kettle. Half cover with boiling water. Cover and simmer slowly. For 4 pounds cook 3 to 4 hours, or until tender. Serve with horse-radish. Add salt when half done, as above.

7. Minute Steak—Have meat ¼ to ½ inch thick. Pan broil 4 to 5 minutes, spread with soft butter, add salt and Watkins Pepper. Sear other side. Serve immediately.

Beef Loaf

4 pounds beef, ground
¼ pound pork, ground
3 eggs, well beaten
4 tablespoons cream
8 crackers rolled fine
¾ cup milk
Salt
Butter size of egg, melt over hot water
Watkins Pepper
Watkins Onion Seasoning
Watkins Celery Salt or use ½ teaspoon Watkins Poultry Seasoning to suit taste

Blend all ingredients. Roll in beaten egg and cracker crumbs, baste with hot water into which little butter has been dissolved. Will make 2 loaves. Serve with hot tomato sauce. Bake in 375 degree F. oven about 1 hour for one half of recipe, to serve 6 to 8.

To Boil Corned Beef

Allow half an hour to each pound, if meat is solid and thick. Bring meat to boil in cold water and skim. Discard water, if salty, add cold water, bring slowly to boiling point; simmer until tender. To serve meat cold, allow beef to cool in liquid, this will add to flavor. Turnips, cabbage, or carrots may be cooked separately or in liquid with meat.

Larded Beef

Stalk celery
2 carrots
Larded beef
Watkins Pepper
Watkins Celery Salt

Small pieces of pork may be placed in bottom of pan

Take full stalk of celery, 2 carrots, cut in small cubes, spread in bottom of pan. Lay in larded beef, salt and Watkins Pepper. Spread with plenty of butter, roast 45 minutes. No water. Baste often. Make gravy with vegetables using 1 tablespoon flour to thicken. Strain vegetables, serve meat hot with gravy. Hot oven 425 degrees F.

Creamed Dried Beef

3 tablespoons flour
3 tablespoons butter
Watkins Pepper
1 pound dried beef
2½ cups milk
½ cup cream

Make a cream sauce of flour and butter in hot skillet; add milk, cream. Stir until quite thick. Simmer dried beef on slow fire, add beef to hot cream sauce.

Beef Pot Roast

5 pounds beef
Cabbage
Rutabagas
Carrots
2 tablespoons fat
Watkins Celery Salt
Potatoes
Salt
Watkins Pepper
Watkins Onion Seasoning

Five pounds beef. Wipe dry, put into hot kettle. Brown meat in little hot fat. Add hot water, salt, Watkins Pepper. Cook at least 3 to 3½ hours. Cook cabbage 1 hour, rutabagas 1 hour, carrots 45 minutes, potatoes 30 minutes. Cook vegetables separately, add just before serving. Thicken meat gravy with little flour and water. Let come to boil, strain. Serve hot with tomato or horse-radish sauce.

Beefsteak with Onions

Steak 2-in. thick Salt and Pepper
Fry onions with steak while cooking.
(See page 82)

Heat broiler, sear steak on both sides under hot flame. Reduce heat, broil, turn steak until ready to serve. Add seasoning, serve with piece of butter on hot platter.

Chili Moi

1 onion
1 pound ground beef
1 can tomatoes
1 can chili beans
1 cup spaghetti (cooked)
Salt
1 teaspoon Watkins Chili Powder
Watkins Paprika
Watkins Celery Salt
Watkins Onion Seasoning

Chop onion. Brown meat in hot pan. Add remaining ingredients, cook until meat is tender. Serve hot.

Chili Con Carne

2 pounds round steak
2 cups cooked spaghetti or
1 cup cooked rice
¼ cup bacon fat
1 teaspoon Watkins Chili Powder
1 teaspoon salt
½ can tomatoes
½ can corn
1 onion, chopped
Salt and Watkins Pepper to taste
2 cups cooked kidney beans

Trim meat, cut in pieces, roll in flour. Heat fat in frying pan, add onions and meat, cook until brown. Add tomatoes, corn mixture, cook until meat is tender. Serve in center of ring mold of hot rice or hot spaghetti.

Chow Mein

2 cups chicken meat, cut or
1 pound veal cut inch cubes
3 cups celery cubes
1 cup cut onions
1 can bean sprouts
1 can chow mein noodles
4 tablespoons Chinese sauce
Watkins Pepper
Watkins Celery Salt
Watkins Onion Seasoning

Fry meat slowly in little butter until tender. Add celery, onions, one half cup hot water and cook. Add sprouts, cook several minutes. Add sauce, thicken mixture with little flour. Remove to hot platter, serve with noodles, or hot steamed rice.

Sliced Smoked Ham

Watkins Pepper

Rub thick slice of ham in baking dish, with two tablespoons flour, 2 tablespoons brown sugar. Add juice from can of crushed pineapple. Bake in moderate oven 1 hour. Or use sliced apples or bananas sprinkled with little brown sugar.

Baked Ham

1 ham, 10 to 12 pounds
Whole cloves
1 bay leaf
1 cup brown sugar
1 cup cider

Scrub the ham well and place in a large kettle. Barely cover the ham with hot water. Add the bay leaf, cover the kettle tightly, simmer but do not let the water boil and bubble. Allow 25 minutes to each pound. When the ham is done, remove from water and take off the skin. Put the skinned ham back in the stock in which it was cooked and allow to cool. When the ham is cold, place in a roasting pan, fat side up, and rub the brown sugar into the fat.

Score the fat diagonally two ways, forming diamond shaped cuts, and cutting almost through the fat. In the center of each diamond, place a whole clove.

Bake one hour in moderate oven and baste with the cider after 15 minutes. Increase the heat to very quick oven or 450 degrees F. the last 15 minutes, to brown.

Serve hot or cold as desired. Garnish with glazed pineapple rings or spiced apples. Cider, raisin or grape juice sauce may also be used.

Boiled Ham

Wash well, place in kettle, cover with cold water. Place on fire, cook slowly 4 hours or until ham is tender. Skim. Let ham remain in liquid several hours or all night. Remove outside skin, place in roasting pan, cover with light brown sugar, moisten with syrup from pickled peaches, press cloves into ham, bake 1 hour in slow oven. Baste often. Last 15 minutes, cover ham with brown sugar, do not baste if you wish ham to have glaze. Slow oven.

Smoked Ham

Parboil 2 slices of ham 2 inches thick, drain off water. Dip ham in flour and brown in spider on top of stove. Pour off grease. Then cover with milk, put in oven and cook slowly 1 to 1¼ hours.

Ham Loaf

2 pounds smoked ham
1 pound pork, grind both fine
3 eggs
1 cup soft bread crumbs, softened in milk

Mix all ingredients. Use Watkins Dry Mustard and Pepper to taste. Bake in moderate oven about 2 hours.

Sauce for Ham

⅓ cup sugar
½ cup vinegar
4 teaspoons Watkins Dry Mustard
1 pint cream
Salt to taste
3 egg yolks
Watkins Paprika

Heat vinegar, stir in dry ingredients, add to beaten egg yolks. Add cream, cook slowly in double boiler stirring constantly until mixture thickens.

Barbecued Ham

6 slices boiled ham
2 tablespoons butter
1 tablespoon vinegar
¼ teaspoon Watkins Dry Mustard
Salt
Watkins Pepper
Watkins Paprika

Brown ham in butter. Put to one side of pan. Blend ingredients for sauce, stir and pour over ham. Cook 2 minutes and serve hot on crisp buttered bread toast, or buttered crackers.

Crown Roast Lamb or Crown Roast Pork

Watkins Onion Seasoning
Watkins Pepper

Stuff crown roast of lamb with bread or sausage dressing. Use piece salt pork on each rib, replace when serving with paper frill. Or top ribs with small round cooked carrots. Tomatoes, rose apples, slices of pineapple or spiced crab apples may be served as a garnish. Fill center of roast with potato balls or buttered peas when serving.

Crown Roast of Lamb with Apricot Stuffing

Crown roast of lamb, 16 ribs
16 salt pork cubes
1 medium-sized onion, chop
5 tablespoons butter
1 cup chopped celery
½ cup dried apricots
4 cups soft bread crumbs
1 teaspoon salt
¼ teaspoon Watkins Poultry Seasoning
¼ cup water

Have roast prepared at market. Put salt pork on each rib to keep from charring. Brown minced onion in butter, add celery, apricots, crumbs, seasoning and water. Fill crown with mixture. Roast in open roaster. Moderate oven, 350 degrees F., about 2½ hours.

Lamb Ring

2 cups cooked meat, grind
18 crumbled soda crackers
1 cup meat stock or
1 cup boiling water adding 1 bouillon cube
1 egg beaten
1 teaspoon minced onion
2 tablespoons butter
Salt
Watkins Pepper
Watkins Onion Seasoning

Mix thoroughly, place in buttered ring mold, brush top of meat with melted butter. Bake one half hour in hot oven 425 degrees F. Turn at once on hot platter and fill center of mold with seasoned creamed vegetable. Serve with mint jelly.

Liver in Baked Onions

½ pound calf's liver
10 slices bacon
1 cup chopped celery soaked in ice water
½ teaspoon salt
Little Watkins Paprika
6 or 8 medium-sized onions
Watkins Celery Salt
Watkins Onion Seasoning

Scald liver in boiling water about 2 minutes. Remove skin and put through food chopper. Cut bacon in small pieces and fry until crisp. Add liver, celery and seasoning to bacon. Remove outer skin of onions, remove center and leave firm shell. Fill with liver, bacon mixture, sprinkle top with buttered bread crumbs and bake in slow oven using baking pan with little water. Bake about 1 hour.

Meat Casserole

1½ pounds veal
1½ pounds pork
1 can chicken soup
1 package fine noodles
¼ cup grated cheese
1 can corn
Salt
Watkins Celery Salt
Watkins Onion Seasoning
Watkins Pepper

Cut veal, pork in small pieces, boil until tender, about 1 hour. Add noodles, soup, cook about 20 minutes. Add cheese. Pour into buttered casserole, cover with corn, bake about 30 minutes in moderate oven.

Meat Loaf

2 pounds round steak
½ pound veal
½ pound pork
1 pint milk (little more if necessary)
3 eggs beaten well
1 cup tomato catsup
1 small onion chopped fine
½ cup chopped celery
½ green pepper chopped fine
3 tablespoons cream
Watkins Pepper

Put meat in bowl and add ingredients in order given. Round steak, veal, pork ground separately. Add more catsup if necessary. Bake in slow oven and baste.

Pork Chops Southern Style

5 pork chops
2 tablespoons flour
2 tablespoons lard
1 tablespoon green pepper, chopped
1 tablespoon Worcestershire sauce
1 cup water
Salt
Watkins Pepper
Watkins Celery Salt
Watkins Onion Seasoning to taste
¾ cup whole kernel corn
½ cup rich cream sauce or tomato sauce

Dredge chops in flour, brown on both sides in hot lard. Place in buttered baking dish. Drain off part of drippings in which pork was cooked. Add corn, green pepper, tomato sauce, pour over chops. Bake about 1 hour in moderate oven. Serve with applesauce.

Pork Roast

Place meat in very hot oven, 500 to 525 degrees F., and sear for 15 to 20 minutes, or until browned, then reduce heat quickly to 300 to 325 degrees F., continue roasting until thermometer registers 185 degrees F. for inside of meat, or until meat is well done. Allow about 25 to 30 minutes per pound for small roasts, boned and rolled. Serve with applesauce.

Stuffed Baked Pork Chops

4 to 6 rib pork chops 1 inch thick
1 cup very fine soft bread crumbs
¼ teaspoon salt
Watkins Onion Seasoning
⅛ teaspoon Watkins Pepper
Enough hot water to moisten

Make an incision in the chops to form a pocket. Blend the above ingredients and stuff into the chops. Fasten the opening with a tooth pick. Place the chops in a buttered baking dish and bake 10 minutes in a quick oven or 450 degrees F. Reduce the heat to 350, add ½ cup boiling water and bake about 40 minutes or until chops are tender. Arrange on a hot platter, garnish with glazed pineapple rings or individual molds of cranberry jelly.

Mushrooms in Ramekins

1 cup canned mushrooms
2 tablespoons butter
2 tablespoons flour
1 cup milk
½ teaspoon salt
¼ teaspoon finely chopped parsley
⅛ teaspoon Watkins Pepper
1 cup bread crumbs
Sweetbreads may be added

Heat butter, add flour and milk, stir until it thickens. Add other ingredients and mushrooms. Pour in buttered ramekins, cover with buttered bread crumbs and little melted butter. Place in pan of hot water and bake until bread crumbs are slightly brown. Garnish with sliced pimento olives.

To Broil Steak

Select steak 1½ inches thick for oven broiling, otherwise broil in pan. Have oven very hot to 500 degrees F. If desired, cover both sides with salt, Watkins Pepper. Place steak 2 to 3 inches from flame, sear, turn on other side, sear, 15 minutes for rare steak. Serve immediately on hot platter with piece of butter, slices of lemon and little Watkins Paprika. Have oven door open while broiling.

Spanish Steak

- Round steak
- Watkins Celery Salt
- Watkins Paprika
- Watkins Onion Seasoning
- 1 can of tomato soup
- Green pepper
- Watkins Prepared Mustard
- Watkins Pepper

Round steak at least one inch thick, dredge steak on both sides with flour pounding with edge of plate until flour is absorbed. Sprinkle steak with salt, Watkins Paprika. Brown in hot oven, cover with can of tomato soup, add slices of onion and green pepper, or add 1 can mushrooms. Watkins Pepper.

Swiss Steak

- 2 pounds rump steak cut 1 inch thick
- 2 tablespoons flour
- ⅛ teaspoon Watkins Pepper
- ¼ teaspoon salt
- 3 tablespoons melted suet or bacon drippings
- 2 cups hot stewed tomatoes
- 1 onion, whole

Wipe steak with clean, dry cloth, cut in pieces for serving. Add salt, pepper to flour and pound into the steak. Heat the suet and sear on both sides of meat. Add tomatoes and onion, cover and cook slowly until tender, about 2 hours. Little water may be added if needed. Serve with steamed rice.

Veal Loaf

- 2½ pounds veal
- ½ pound fresh pork
- ½ cup top milk or cream
- Watkins Sage
- 2 eggs, beat well
- 1 cup rolled crackers
- 3 tablespoons butter (melt)
- 1½ teaspoons salt
- Watkins Pepper
- Watkins Onion Seasoning

Grind meat. Blend all ingredients. Bake uncovered in 2 loaves, baste with hot water in which little butter has been added, 350 degree F. oven, 1¼ hours. Or bake in one loaf, about 2 hours, uncovered. Brush top with slightly beaten white of egg. Serve hot or cold.

Sausage Loaf

- 1 pound sausage meat
- 1 pound lean beef, ground
- ¾ teaspoon salt
- ⅔ cup dry bread crumbs, fine
- ½ teaspoon Watkins Poultry Seasoning
- 2 eggs, beaten
- ¼ cup top milk

Mix all the ingredients and bake uncovered in a moderate oven, 350 degrees F., 1 hour or more.

Sweetbreads

2 tablespoons butter
1 heaping tablespoon flour
1 cup milk
½ cup cream
Salt
Watkins Pepper
Watkins Paprika

Soak sweetbreads one hour in cold water adding little salt. Drain, cover with boiling water, boil about 20 minutes. Drain, when cool remove all membranes, cut into pieces to cream.

Melt butter, add flour, make smooth paste. Add milk and cream slowly, stir. Add cooked sweetbreads, serve hot.

Sweetbread Cutlets

2¾ sweetbreads
Watkins Pepper
3 truffles or 1 can

Soak sweetbreads in cold, clear water, change water until clear. Parboil 45 minutes, add salt. When cold remove skin and piping. Mold sweetbreads and truffles into cutlets; roll in cracker crumbs, dip in egg, again in cracker crumbs. Drop into deep hot fat to brown. Make thick cream gravy of rich chicken stock to which has been added cream, add chopped cooked mushrooms. See Gravy.

Boiled Tongue

Tongue
Low Heat

For fresh beef tongue, scrub well, cover with boiling water, bring to boil. Skim, cover, simmer until tender, 3 to 4 hours. Add ½ teaspoon salt per pound when partly cooked.

Cook tongue in salted water until tender, add seasoning to taste. Remove skin, and return to water. One hour before serving, put into deep roasting pan. Pour over sauce given below. Cover, bake 30 minutes, turning often.

Sauce for Boiled Tongue

¼ cup flour
¼ cup butter

Add gradually 2 cups strained water in which tongue has been boiled. One and one half cups strained stewed tomatoes, 4 tablespoons Worcestershire sauce, 1 can mushrooms, salt and Watkins Pepper. Blend flour, butter to thicken sauce.

Veal Birds

1 slice veal from leg, cut thin
1 inch cube fat salt pork, chopped fine
1 egg slightly beaten
Cracker crumbs
Little stock
1 tablespoon butter
1 cup cream
Salt
Watkins Pepper
Watkins Celery Salt

Wipe veal, remove bone, skin and fat. Pound, cut in pieces, each piece a bird. Chop trimmings of meat, add pork, add ½ of crumbs. Moisten with beaten egg and hot stock. Spread thinly on each piece of veal. Roll, fasten with skewers. Sprinkle with salt and Watkins Pepper, lightly with flour, fry in hot butter until brown. Place in pan, add cream, cook slowly 30 minutes or until tender or cook in covered casserole in oven 350 degrees F., 1 hour or until tender. Remove cover last 15 minutes to brown. Baste with bacon drippings or butter and hot water.

Veal Cutlets Maryland

4 veal cutlets, cut thick, ¾ to 1 inch
2 tablespoons butter melted
Salt
3 eggs, slightly beaten
Watkins Pepper
2 cups fine sifted cracker crumbs
⅓ cup butter
1⅓ cups sweet cream
⅔ cup rich milk

Rub the cutlets with the melted butter and sprinkle with salt and Watkins Pepper. Roll the cutlets in the cracker crumbs, dip into the beaten egg, then into cracker crumbs. Melt the butter in a shallow pan, then cook the cutlets in the butter, on one side, then the other until a golden brown. Pour the cream and milk over the cutlets, cover the pan tightly and cook in a 300 degree F. oven about 1 hour. Remove the meat to a hot platter. Thicken the sauce in the pan with a few fine cracker crumbs and serve hot.

Veal Fricassee

2 to 2½ pounds shoulder of veal
1½ teaspoons salt
Watkins Pepper
1 bay leaf
4 whole peppercorns
1 blade of mace
4 whole allspice
2 whole carrots
2 sticks of celery
⅓ cup butter
½ cup flour
1 egg yolk
2 tablespoons lemon juice

Cut the meat in 2-inch cubes and parboil 20 minutes. Drain off the water and discard it. Add the salt, Watkins Pepper, spice and vegetables. Add boiling water to barely cover and cook gently until tender —about 35 minutes. Melt the butter, stir in the flour and the strained stock and cook to a smooth sauce. Just before serving stir in the egg yolk and lemon juice. Serve on a hot chop plate with homemade noodles and peas.

Meat Sauces

MEATS AND THEIR ACCOMPANIMENTS

With roast of beef—tomato sauce, grated horse-radish, cranberry sauce. Yorkshire pudding.

With roast pork—apple or cranberry sauce. Apple or pineapple rings.

With roast pork—cinnamon apples, sherbets, tart jelly.

Roast veal—tomato sauce or horse-radish.

Roast mutton—currant jelly, caper sauce.

With chicken—cranberry sauce or peaches, sherbet, or an ice.

Roast lamb—mint sauce, mint pears or jelly.

Roast turkey — cranberry sauce, currant jelly or sherbet.

Venison or wild ducks—currant jelly.

Seasoning is the keynote to the success of meat sauces. Finely chopped onions and green peppers added to a brown sauce is excellent for certain meats. Mushrooms, capers, curry, mustard and mace are highly important when added to meat sauce. Use Watkins Sage, Watkins Onion Seasoning, Watkins Celery Salt, Watkins Pepper, Watkins Paprika, Watkins Red Pepper.

Bearnaise Sauce for Steak

⅓ cup tarragon vinegar
Yolks of 3 eggs
4 tablespoons butter, creamed
½ teaspoon salt
⅛ teaspoon Watkins Paprika

Heat vinegar, pour on well-beaten yolks of eggs, set bowl with mixture over hot water, stir constantly until thick. Remove from heat, add butter, half teaspoon at time, blend into sauce. Season, serve at once.

Meat Gravy

To the proportion:

2 tablespoons flour
2 tablespoons hot fat
Salt
1 cup liquid, meat stock, water or milk
Watkins Pepper

Skim off excess fat. For each cup of gravy use given ingredients. Stir flour into the hot fat and cook and stir to a light brown. Slowly stir in liquid, cook 5 minutes until smooth and mixture thickens. Add seasoning. Strain and serve hot. If chicken gravy, add part cream.

Brown Sauce for Meat

1 teaspoon chopped onion
1 tablespoon butter
1 tablespoon flour
Watkins Pepper
Salt
Watkins Celery Salt
Watkins Onion Seasoning

Put on fire and brown, add 1 tablespoon flour, season with salt and Watkins Pepper. Add 1 cup beef stock, cook until sauce thickens; strain to remove onion, serve. Add seasoning to suit taste. Serve hot.

Celery Sauce

- 2 tablespoons tomato catsup
- ½ tablespoon vinegar
- 2 drops Tobasco sauce
- 2 teaspoons finely diced celery
- ½ teaspoon Worcestershire sauce
- Pinch salt
- Watkins Celery Salt
- Watkins Pepper
- Watkins Red Pepper

Blend all ingredients thoroughly. Shake well before using.

Baked Cranberries

- 1 quart cranberries
- 3 cups sugar
- 2 cups water

Pick over berries, wash, drain. Dissolve sugar and water. Add cranberries, blend well and bake in slow oven until tender. Do not brown. Stir occasionally, but do not break. Serve fruit with roast chicken or turkey.

Cranberry Sauce

- 1 quart cranberries
- 2 cups water
- 2 cups sugar

Pick over, wash berries, put through coarse grinder. Add water, cook to boiling and boil 10 minutes. Add sugar, let mixture come to boil and boil 5 minutes. Pour into molds.

Meat Relish

- 2 tablespoons gelatin
- Juice of No. 2 can grated pineapple
- 1 cup cold water
- 1½ cups sugar
- 1 cup vinegar

Soften gelatin in cold water, add pineapple juice. Cook sugar and vinegar until syrup spins thread. Remove from fire, add gelatin mixture. When cold, stir in grated pineapple, 1 cup sliced blanched almonds and 6 small sweet cucumber pickles sliced thin. Pour into cold mold rinsed in cold water. Chill.

Hot Sauce for Meats

- 1 bottle Worcestershire Sauce
- ½ bottle of hot sauce
- 1 bottle catsup
- ½ bottle mustard (10-cent bottle)
- ½ cup lemon juice

Blend all ingredients thoroughly. Watkins Pepper. Watkins Paprika.

Sauce for Cold Meat or Game

1 teaspoon Watkins Mustard
1 teaspoon Watkins Paprika
⅓ teaspoon Watkins Ground Ginger
2 tablespoons shredded orange (no white) rind, drop into boiling water 3 minutes, drain
3 tablespoons currant jelly
3 tablespoons port wine
2 tablespoons orange juice
1 tablespoon lemon juice

Melt the jelly over a low fire, cool. Stir in remaining ingredients. Do not chill.

Barbecue Sauce

1 cup diced onion
2 tablespoons fat
1 cup chopped tomato
1 cup green pepper, diced
1 cup celery, diced
½ tablespoon Watkins Dry Mustard
1 tablespoon brown sugar (more sugar if preferred)
2 cups meat stock
1 cup catsup
Salt
Watkins Red Pepper
Watkins Paprika

Heat fat, stir and fry onions lightly. Add remaining ingredients, cook over low heat about 50 minutes. Serve with any cooked meat except fowl.

Watkins Spice Relish for Meat

½ cup light brown sugar
1 teaspoon Watkins Cinnamon
¼ teaspoon Watkins Cloves
⅛ teaspoon salt
2 cups crushed pineapple
¼ cup cider vinegar

Blend all the ingredients and cook over low fire until thick. Chill and serve with meat.

Stuffed Apples

With Meat

Core tart apples. Fill cavity with 1 tablespoon brown, granulated, maple sugar, or maple syrup and ½ teaspoon of butter. Shredded pineapple or mince meat may be used. Bake in oven, add little water and apple cores to baste while cooking. Serve with ham, sausage or roast.

Cranberry Ice to Serve with Meat

1 quart cranberries
Juice of 1 lemon
1 cup water
1 teaspoon gelatin
2 cups sugar

Cook berries in water until soft, add sugar and gelatin, strain. Let cool and freeze.

Sauce for Cold Meats

1 tablespoon chopped green olives
Watkins Paprika
1 tablespoon chopped green pickles
Watkins Onion Seasoning

Add to ½ cup mayonnaise.

Horse-radish Sauce

5 tablespoons horse-radish
¼ cup whipping cream
Watkins Pepper
Few grains salt
Watkins Celery Salt
Watkins Paprika

Add whipped cream to horse-radish. More horse-radish and little lemon juice may be added if desired.

Mint Sauce

For Lamb or Mutton

1 bunch mint
¾ tablespoon sugar
¾ cup vinegar

Chop mint very fine, dissolve sugar in vinegar; let stand 1 hour.

Dried Green Mint

For Winter Use

Dry green mint and place in fruit jars. Cover. When ready to use pour boiling water over leaves until strong flavor. Strain. Use for mint sauce or frozen desserts. Use Watkins Green Color.

Mint Jelly Sauce

1 tablespoon chopped mint
1 glass currant jelly

Blend together over low fire. Serve hot with lamb.

Mustard Sauce for Boiled Ham

1 quart cream
½ cup sugar
4 tablespoons Watkins Dry Mustard
3 egg yolks
Pinch salt
1 cup vinegar
Watkins Pepper

Put cream in double boiler to heat. Mix sugar, Watkins Mustard, add to cream. Add well-beaten yolks of eggs. Stir 2 or 3 minutes, add vinegar and salt. Serve hot.

Meat Sauce

1 tablespoon chili sauce
¾ tablespoon lemon juice
Watkins Red Pepper
1 teaspoon grated horse-radish
Watkins Celery Salt
Watkins Onion Seasoning

Mix and chill.

French Mustard

3 rounded tablespoons Watkins Dry Mustard
1 level tablespoon sugar
1 level teaspoon salt
3 egg yolks
1 cup vinegar
Watkins Paprika

Mix thoroughly and cook 3 minutes in double boiler.

Raisin Sauce for Ham

3 whole cloves
2 lemons sliced thin
2 cups sugar
2 cups vinegar
1 cup raisins

Boil 15 minutes.

Tartare Sauce

For Fried Fish

1 cup mayonnaise
1 tablespoon chopped capers
3 olives
2 pickles
Watkins Celery Salt
Watkins Onion Seasoning
Watkins Paprika

To 1 cup mayonnaise add 1 tablespoon chopped capers, 3 olives and 2 pickles chopped fine.

Tomato Sauce

For Meats, Croquettes and Entrees

2 tablespoons butter
1 tablespoon flour
1 tablespoon carrot, chopped fine
½ can tomatoes
Little chopped parsley
3 cloves
½ teaspoon salt
¼ teaspoon Watkins Pepper
Watkins Onion Seasoning
Watkins Celery Salt
Watkins Red Pepper

Heat butter in saucepan, add Watkins Onion Seasoning and carrot, brown slightly. Add flour, stir until smooth, add other ingredients and cook slowly 30 minutes and strain.

Vegetables

PREPARATION OF VEGETABLES

Vegetables are important as sources of protein, carbohydrates, (in form of sugar, starch and cellulose) minerals and vitamins.

Vegetables to be eaten raw should be picked over, washed and crisp in iced water. Add ½ to ⅓ teaspoon salt to each pound vegetable if steamed.

Cooked vegetables should be picked over, washed, scrubbed and rinsed in cold water. Steam all vegetables if possible; requires one third longer time.

Prolonged soaking of vegetables destroys the flavor and color.

Prepare peas, beans, corn and lima beans just before cooking.

To preserve perishable vegetables parboil a few minutes, drain. Cook when ready to use.

Cook green vegetables uncovered in boiling salted water. Use only as much water as absolutely necessary to prevent burning. Add ½ teaspoon salt to each quart of water.

Serve vegetables with Watkins Pepper, butter, or cream sauce. Add to the hot vegetable just before serving. One to 2 tablespoons butter for each cup of vegetables is sufficient.

Time for cooking vegetables depends on freshness and age.

CANNED VEGETABLES

Remove vegetable immediately on opening can. Heat the liquid and use in soup as the juice contains soluble minerals. Heat vegetables in the top of a double boiler at low temperature. Add butter just before serving.

Place left over vegetables in a strainer, pour over a little hot water to wash off the butter. The vegetable will have a much better taste when reheated.

Artichokes

Soak 30 minutes in cold water.

Cut off stem close to leaves. Remove outside leaves, cut off 1 inch from top. Tie with string to hold shape. Wash, drain, cook in boiling salted water, one half to one hour, depending on size. Drain upside down, cut string, remove choke. Serve hot with Hollandaise Sauce.

Asparagus

Watkins Pepper **Watkins Paprika**

When large amounts of water are used, add 1 teaspoon salt to each quart of water.

Let stem ends of stalks stand in cold water. Wash carefully, remove spurs from stalks. Tie in small bunches, cut off stem ends. Cook in boiling salted water with water covering tips. Cook until asparagus is tender. Drain, serve with Hollandaise sauce or hot butter sauce.

Asparagus and Eggs Au Gratin

1 4-oz. package egg noodles, cooked until tender in salted boiling water
6 hard boiled eggs
½ cup grated cheese
1 No. 2 can green asparagus tips
1½ cups rich white sauce
¼ teaspoon Watkins Celery Salt
Watkins Paprika
Watkins Pepper

Place layer of cooked noodles in buttered baking dish, 2 or 3 pieces of butter, then layer asparagus tips, sliced eggs, cheese, Watkins Celery Salt, sauce and then cheese. Repeat. Bake about 20 minutes until cheese is brown. Add Watkins Paprika.

Asparagus

Boil asparagus tips until tender in boiling salted water. Drain. Place layer of tips in bottom of buttered casserole. Cover with medium white sauce, a layer of sliced boiled eggs. Repeat layers. Cover top with grated cheese add Watkins Paprika. Bake in 350 degree F. oven about 20 minutes.

Baked Beans

3 cups white beans
¾ pound fresh salt pork
1 tablespoon Watkins Prepared Mustard
1 teaspoon Watkins Ginger
2 tablespoons molasses
Salt and Watkins Black Pepper to taste
1 tablespoon brown sugar
Watkins Paprika
Watkins Pepper

Soak beans overnight. Rinse, drain in morning. Cover with cold water, boil 15 minutes. Drain. Put beans in buttered baking dish; add other ingredients and sliced pork scalded. Place pork in beans with rind exposed. Cover with boiling water, bake 6 hours. Remove cover last 30 minutes to brown. Serve with chili sauce and brown bread.

Hot Pickled Beets

Beets
2 tablespoons sugar
About 3 tablespoons vinegar
Watkins Paprika
Butter
Little flour
4 tablespoons cream

Boil and peel beets, cut in pieces, add salt, sugar, vinegar and Watkins Paprika, blend with butter, add little flour. Simmer. Serve hot.

Green or Wax Beans

Watkins Pepper
1 pound will make 3 cups cooked beans

Remove strings, cut lengthwise, wash carefully. Drop beans into boiling salted water. Cook until tender, drain off all water, keep in double boiler over hot water until ready to serve. Add butter.

Southern Green Beans

2 quarts green beans
Watkins Pepper
3-inch square bacon
1 teaspoon salt

String, cut beans in 1 inch pieces, wash, crisp in cold water 1 hour. Add beans to boiling salted water, add bacon, just enough water to cover. When beans are tender, remove bacon, finish cooking, add Watkins Pepper. Pour off surplus liquid, steam over hot water until ready to serve.

Broccoli

Watkins Paprika

Prepare as for cauliflower. Wash and clean carefully, and steam or boil until tender, add salt last 5 minutes of cooking. Serve with Hollandaise sauce. Or prepare au gratin with buttered bread crumbs and grated cheese. Watkins Paprika. (See Asparagus.)

Brussels Sprouts

1 quart Brussels Sprouts
1½ cups celery, cut
3 tablespoons butter
3 tablespoons flour
1½ cups milk
Salt
Watkins Pepper

Remove wilted leaves from sprouts, soak 30 minutes in cold water. Drain, cook until tender. Wash celery, cut in small pieces, melt butter, add to celery, cook 2 minutes, add flour mixed with little milk, stir in scalded milk. Cook until slightly thickened, add sprouts. Serve hot.

Creamed Cabbage

Cabbage
Watkins Pepper
Salt
Butter
Little vinegar
1 egg
1 cup cream

Cut cabbage, cook until tender, just enough water so cabbage will be almost dry when done. Season with Watkins Pepper, salt, butter, little vinegar. Beat 1 egg, add 1 cup cream. Stir in quickly before removing from fire. Do not let mixture boil after adding cream as it will curdle.

Hot Cabbage

1 medium head (solid) cabbage
3 tablespoons meat fryings
1 to 2 tablespoons sugar
Salt
½ teaspoon Watkins Mustard blended with little water

Remove outside leaves. Chop cabbage, blend mixture, just cover with boiling water. Boil 30 minutes. Remove from fire, add 1 beaten egg blended with 1 tablespoon flour and ½ cup vinegar. Serve hot or cold.

Filled Cabbage

1 pound pork
1 pound lamb
To be ground with
1 small onion
1 thick slice bread soaked in milk
2 eggs, add to meat
Salt
Butter size of an egg
Watkins Pepper

Take head of cabbage apart. Pour boiling water over cabbage and drain. Place heart of cabbage in pan, cut side up. Spread center leaf with ground meat mixture, press leaves together, spread with mixture and more cabbage until all leaves have been returned to natural position. Cover with napkin, tie with cord. Put in kettle hot water with little salt, boil about two hours. To serve, cover with sauce made of 1 tablespoon butter, 1 tablespoon flour. Enough broth to make gravy. Season with little salt, Watkins Pepper.

Sweet Sour Cabbage

1 egg
¼ cup sugar
¼ cup vinegar
Salt
Watkins Pepper
Cabbage

Cut cabbage, cook in boiling water until tender. Drain. Beat egg, add vinegar, sugar, add to cabbage with seasoning. Serve hot. If red cabbage is used cook longer.

Cauliflower and Cheese

1 medium-sized cauliflower
½ cup milk
Little salt
½ pound grated American cheese
Watkins Paprika

Cook cauliflower in boiling salted water about 20 minutes, until tender. Drain, place in buttered baking dish, cover with sauce made of milk and cheese cooked until smooth in double boiler. Add little butter. Pour over hot cauliflower, add Watkins Paprika.

Glazed Carrots

1 bunch carrots
1 quart boiling water
3 tablespoons butter
3 tablespoons brown sugar
Little salt
Watkins Paprika

Scrape small whole carrots. Cook in boiling salted water until tender. Drain. Cook sugar, butter and ¼ cup hot water together 5 minutes. Brush over cooked carrots and bake about 20 minutes in 375 degree F. oven. Baste with syrup.

Carrot Ring

1 large bunch carrots, wash, peel and grate
3 eggs beaten separately
2 tablespoons butter
1 cup cream
Salt
Watkins Pepper
½ teaspoon sugar

Place mixture in buttered dish mold and set in pan with little hot water. Bake in moderate oven 30 to 40 minutes.

Carrot Souffle

1 cup cooked strained carrots
2 tablespoons butter
3 eggs
3 to 4 tablespoons flour
Salt
Watkins Pepper

Melt butter, add flour, carrot pulp, and beaten yolks of eggs. Heat thoroughly then cool. Add beaten whites of eggs, pour into buttered baking dish; set in pan with little hot water, bake about 20 minutes.

Celery (Stuffed)

Watkins Paprika

Select heart or medium-sized stalks of celery. Clean well, and crisp in cold water. Cut into three inch lengths, or use heart stalks. Dry, spread with—Roquefort cheese or cream cheese mixed with chopped sweet pickle or little grated horseradish, cottage cheese and chives, or pimento cheese. Watkins Paprika before serving.

Swiss Chard

Watkins Paprika

Cook like spinach or stems may be cooked separately and served like asparagus.

Chestnuts

Make cream sauce of:
Watkins Paprika
1 tablespoon butter
1½ cups cream
1 tablespoon flour
Watkins Pepper

Simmer chestnuts 1 hour in salted water.
After thoroughly draining chestnuts, put them into hot cream sauce.

Corn with Cheese

1 can whole kernel corn
1½ tablespoons butter
4 eggs
1 cup cracker crumbs
2 cups milk
½ cup grated cheese
¾ teaspoon salt
½ teaspoon Watkins Paprika
Watkins Pepper

Beat eggs, add butter melted over hot water. Add to corn, then seasoning. Add milk and mix well. Add grated cheese. Fill buttered baking dish half full and cover with one half the crumbs, add remaining corn mixture, then crumbs and bake in moderate oven until firm, about 30 to 40 minutes.

Corn Fritters

2 cups fritter corn (drain)
½ cup sweet milk
1 cup flour (sifted)
½ teaspoon (scant) salt
2 eggs, yolks and whites beaten separately
2 teaspoons Watkins Baking Powder

Mix all ingredients adding beaten egg whites last. Fry in deep hot fat using wire basket as for doughnuts. To fry on griddle, add ½ cup more milk. Will make 18 fritters.

Corn Pudding

1 can corn (drain)
¼ teaspoon salt
⅛ teaspoon Watkins Pepper
3 eggs, separate (1 teaspoon sugar may be added)
3 tablespoons melted butter
1 cup rich milk
Watkins Paprika
(½ cup grated cheese)

Put corn, sugar, salt, egg yolks, butter together, mix thoroughly, add milk. (½ cup grated cheese may be added.) Add stiffly beaten egg whites. Set pudding dish in pan with little hot water. Bake in 325 degree F. oven about 1 hour. When ready to serve, cover pudding with cream sauce, garnish with strips of pimento and hard cooked eggs put through ricer.

Corn Meal Mush

1 cup yellow corn meal
Salt
4 cups boiling water

Slowly add meal to boiling salted water stirring constantly. Cook until thick, add little boiling water if necessary. Cook 3 to 4 hours in double boiler. Pack in greased loaf pan. When cold, cut in slices, fry slowly in little butter and lard, or bacon fat. Serve with butter and syrup.

Corn Souffle

1 cup grated sweet corn
2 tablespoons butter
Salt to taste
3 eggs
1 tablespoon flour
1 cup milk
Watkins Paprika

Prepare cream sauce of butter, flour and milk, add to corn, then egg yolks and lastly 3 beaten egg whites. Mix thoroughly, place in buttered dish, bake about 20 minutes and serve at once.

Apple-Banana Fritters

4 bananas
⅓ cup sugar (powdered)
½ cup lemon juice

Remove skin, lightly scrape banana. Use silver knife to divide into four equal parts. Sprinkle with lemon juice and sugar, let stand 30 minutes. Drain, dip each piece in fritter batter, fry in hot fat. Drain. Serve at once and sprinkle with powdered sugar, and a dash of Watkins Paprika.

Heat fat to 375 degrees F., or until hot enough to brown an inch cube of bread in 1 minute.

Sliced apples, peaches, or oranges may be substituted.

Fritter Batter

1 egg, beaten
¾ cup milk
1 tablespoon melted butter
½ teaspoon salt
1 cup sifted flour
2 tablespoons sugar
1 teaspoon Watkins Baking Powder

Egg Noodle Ring

1 package egg noodles
5 eggs
2 tablespoons butter
6 tablespoons cream
¾ teaspoon salt
Watkins Pepper
½ green pepper, chop
⅓ red pepper, chop

Parboil noodles in boiling salted water, about 7 minutes. Drain. Beat egg yolks, add noodles, butter, cream, seasoning. Fold in stiffly beaten egg whites. Turn into buttered mold, set in pan hot water, bake about 30 minutes. Use creamed fish, chicken or mushrooms in center of mold.

Fried Egg Plant

Watkins Pepper

Wash and peel egg plant, cut in slices about ⅛ inch. Arrange slices in layers, press to remove water. Dip each slice into beaten egg then bread crumbs, fry in deep hot fat.

Stuffed Egg Plant

1 large egg plant
1 tablespoon minced onion
2 tomatoes
1 chopped green pepper
1 teaspoon salt
2 tablespoons butter, melted over hot water
¼ teaspoon Watkins Pepper
1 cup minced tongue or ham
Buttered crumbs
Little rich cream sauce
Watkins Paprika
Watkins Celery Salt

Cut egg plant lengthwise into halves, remove vegetable portion, and place shells in bowl of water with little salt. Chop scooped out egg plant finely, add seasoning, tomatoes and cook until tender. Add meat and fill shells, sprinkle with buttered crumbs and bake 30 minutes in moderate oven. Garnish with water cress.

Dandelion Greens

Watkins Paprika

Cook like spinach adding small amount of water if necessary. Serve with vinegar.

Creamed Kohlrabi

6 kohlrabies
2 tablespoons butter
2 tablespoons flour
Salt
2 cups milk
Watkins Paprika
1 egg yolk
Watkins Pepper

Wash, peel kohlrabies, cut into ½ inch cubes, drop into boiling water, cook until tender. Add salt, drain. Make sauce of butter, flour, milk, seasoning. Add beaten egg yolk. Cook in double boiler, pour over hot vegetable. Watkins Paprika.

Lima and Kidney Beans

Watkins Pepper Watkins Paprika

Wash, and cook in boiling water 1 to 1½ hours, add salt last 15 minutes. Use only little water in cooking, season with butter just before serving. Add tomato sauce.

Banana Fritters

6 large ripe bananas
Egg
Flour
Bread crumbs

Peel bananas and cut in pieces, roll in egg well beaten and flour. Roll in bread crumbs. Fry in hot lard until a golden brown. Add sauce below.

Fruit Sauce

¼ pound apricots
Lemon peel
Pineapple or pear
Angelique
Jamaica rum

Stew ¼ pound of evaporated apricots with water to cover and sweeten to taste. Dice a small quantity of lemon peel and cook 30 minutes. Then add small diced pineapple and a little angelique. Let the whole simmer a few minutes add a jill of Jamaica rum and pour over bananas.

Orange or Fruit Fritters

3 large oranges
2 tablespoons sugar
3 teaspoons melted butter
1 cup flour (sifted)
1 egg, beaten
1 teaspoon Watkins Baking Powder
¼ teaspoon salt
¾ cup milk

Peel oranges, removing outer white covering, remove skin from segments, roll in powdered sugar. Beat egg, add milk, butter, flour and Watkins Baking Powder sifted together. Dip orange segments in batter, fry in hot fat. Drain. Add dash powdered sugar, and serve with fish.

Boiled Onions

Peel under running water. Cook in boiling salted water, adding a little milk. Cook until tender. Serve with butter or cream sauce.

Braised Onions

Parboil onions about 15 minutes. Drain. Place in buttered baking dish pour melted butter over onions, sprinkle with a little pulverized sugar. Bake until done. Baste during cooking to give a glaze. Add a dash of Watkins Paprika before serving.

Baked Spanish Onions

Watkins Pepper

Boil onions slowly 45 minutes. Drain water carefully, place in baking dish. Add little hot water, 2 tablespoons butter, salt, Watkins Pepper. Baste often with hot water in which a little butter has been dissolved. Bake 1½ hours.

Macaroni with Chicken

- 1½ cups boiled macaroni
- 3 cups cold cooked chicken, cut in pieces
- 1 can mushrooms
- Cream sauce
- Watkins Celery Salt
- Watkins Onion Seasoning

Butter baking dish, place layer of diced chicken, and mushrooms, then layer of cooked macaroni, then chicken. Repeat. Pour over mixture rich cream sauce, set in pan of hot water. Bake 45 minutes in moderate oven.

Macaroni Loaf

- 2 cups cooked macaroni
- 2 cups bread crumbs
- 2 teaspoons minced onion
- ⅔ cup melted butter
- 1 can pimento
- 2 cups grated cheese
- ⅛ teaspoon Watkins Pepper
- 1 green pepper
- ¾ teaspoon salt
- 2 cups scalded milk
- 4 eggs

Grind onion, green pepper and pimento. Scald milk, pour over crumbs. Add butter and other ingredients, well-beaten egg yolks, fold in beaten whites. Cook in moderate oven 2 hours with pan set in hot water. Serve hot with cream mushroom sauce. Add seasoning.

SAUCE:

- 2 tablespoons butter
- 2 tablespoons flour
- ¼ cup heavy cream
- 1 can mushrooms
- 1 cup chicken stock
- Watkins Celery Salt
- Watkins Pepper
- Watkins Paprika

Blend flour and melted butter. Heat stock and cream in double boiler. Add flour, mushrooms, seasoning. Watkins Paprika

French Fried Onions

- 1 cup flour
- Pinch salt
- 2 eggs
- ⅔ cup milk
- 1 tablespoon melted butter

Peel onions under water, slice in bowl of milk, let stand 15 minutes, drain, dry with towel. Beat eggs, add salt, butter, milk and flour to make smooth batter. Fold in onions, drop batter in deep hot fat. Or dip onions in flour and fry.

Stuffed Onions

- Onions
- Canned mushrooms
- Cream
- Meat, sausage, or peas for filling
- ½ cup fine bread crumbs
- Salt
- Watkins Pepper
- Watkins Celery Salt
- Watkins Paprika

Cook onions in boiling salted water in uncovered pan until tender. Drain, cool, remove center without disturbing outside shell. Fry mushrooms in butter, chop with onion center, add bread crumbs, meat, cream to moisten. Fill onion shells, cover with buttered bread crumbs put in buttered baking dish. Bake about 20 minutes, baste with little hot water and butter. Add Watkins Paprika before serving.

Parsnips

Wash and cook in boiling salted water until tender. Drain, drop into cold water and remove skins. Cut in pieces—reheat over hot water, serve with butter or cream sauce, or fry in butter, or glaze like carrots.

A pound will serve 4. Boil 40 to 60 minutes.

To fry parsnips, cut in pieces 2 to 3 inches long. Season with salt. Roll in flour, fry in deep hot fat to golden brown.

Parsnips with Creamed Celery

2 cups cooked asparagus
1½ cups diced celery (crisp in cold water)
2 tablespoons flour
2 tablespoons butter
1 cup milk, heat
⅛ teaspoon salt
Watkins Pepper
Watkins Paprika
Watkins Celery Salt

Peel 2 pounds parsnips, slice or dice, cook in boiling salted water until tender. Cook celery in separate pan and drain. Melt butter over hot water, stir in flour, slowly add milk until smooth. Cook sauce 4 to 5 minutes, add hot cooked vegetables. Add seasoning to taste.

Peas

Shell, cook in small quantity of boiling water until tender adding salt last 5 minutes. Drain. Season with butter before serving. Add little cream if desired. Serve hot.

Stuffed Peppers

Watkins Pepper

Drain peppers well after parboiling.

Cut in half lengthwise or cut a slice from stem end, remove seeds and parboil pepper 2 minutes. Sprinkle with salt. Fill pepper with finely chopped chicken, veal, salt and Watkins Pepper. Cover with buttered bread crumbs, bake in hot oven 10 to 15 minutes, or fill with canned corn or tiny cooked lima beans seasoned with butter and salt.

Potatoes Au Gratin

Cold boiled potatoes
Cream sauce
Grated cheese
Salt
Watkins Pepper
Butter

Slice potatoes, mix with seasoning, cream sauce, dots of butter. Place in layers in buttered casserole. Cover with cheese. Bake slowly 30 minutes. Watkins Paprika before serving.

Stuffed Baked Potatoes (On Half Shell)

3 large flat potatoes
2 tablespoons hot milk
1 tablespoon butter
Salt
Watkins Pepper to taste

Bake potatoes in quick oven 450 degrees F. about 50 minutes or until soft. Remove from oven, cut lengthwise and scoop out potato. Mash potatoes, add butter, seasoning and whip potatoes. Refill shells, return to oven for 3 or 4 minutes to heat. Watkins Paprika to top.

Oven Fried Potatoes

Watkins Pepper

Wash, pare, cut potatoes lengthwise, soak in cold water with ice, 1 hour. Dry potatoes with towel. Rub with butter or bacon fat, bake in hot oven until light brown. Turn potatoes, add salt and Watkins Pepper.

Hashed Brown Potatoes

⅓ cup hot salt pork fat
2 cups cold boiled diced potatoes
⅛ teaspoon Watkins Pepper
Little salt

Fry piece salt pork cut into cubes, strain. Take hot fat, add cold boiled diced potatoes, Watkins Pepper, little salt. Mix potatoes thoroughly with fat, cook few minutes stirring constantly, let stand to brown underneath. Fold as an omelet and brown. Serve at once.

Mashed Potatoes

Watkins Pepper

In mashing potatoes, warm milk, add little salt and beat until fluffy. Place over pan of hot water until ready to serve, but do not cover. Add butter just before serving.
Flavor of potatoes will be improved if boiled with skins on.

Baked Puffed Potatoes

1⅓ cups cream
⅓ cup butter
Watkins Pepper
(heat in double boiler)

Peel and boil potatoes until dry, mash until light and fluffy. Mix butter and cream carefully with mashed potatoes, turn into buttered dish and bake in quick oven. Garnish with chopped pimento.

Candied Sweet Potatoes

Sweet potatoes
Brown sugar
Watkins Pepper
Butter
Cream

Wash and scrub potatoes and boil until tender. When cool remove skins. Split potatoes lengthwise, place in baking pan, sprinkle with brown sugar, pieces of butter on each potato, moisten sugar with plenty of cream and add little boiling water in bottom of pan.
For a distinctive flavor sweeten with honey. Just before serving sprinkle with sliced Brazil nuts.

To Wash Rice

Put in strainer over bowl of cold water, rub rice with hands. Change water often until clear. One half cup uncooked rice increases in amount to 1½ cups when cooked.

Wild Rice

2 cups wild rice
2 cups cold water
1 teaspoon salt

Wash rice in several waters, mix equal amount rice and water, soak all day. Cook 1 hour in double boiler, cover. Rice should be dry, serve hot.

Rice Croquettes

1 cup cold boiled rice
1 well-beaten egg
¼ teaspoon salt
1 tablespoon butter, melted over hot water
Watkins Paprika

Mix rice, beaten egg, butter and salt. Form into small croquettes, dip in beaten egg and fine crumbs, fry in hot fat. Drain and top with jelly.

Boiled Rice

½ cup rice
1 quart boiling water
1 teaspoon salt

Pick over rice carefully, wash thoroughly. Add rice slowly to boiling salted water so as not to check boiling. Boil 20 minutes or until kernels are soft. Drain in coarse strainer, pour over rice 1 quart cold water. Return rice to double boiler, cover, cook slowly until dry when each grain will be whole. Avoid stirring rice, use fork.

Rutabaga

Wash, peel, slice and cook uncovered in a large amount of boiling salted water 20 to 30 minutes until tender. Serve with butter or mash. A pound will serve 4.

Sauerkraut and Spareribs

1 quart sauerkraut
3 cups water
2½ pounds lean spareribs
Watkins Pepper

Boil spareribs 15 minutes. Cut and roll meat from spareribs, fasten with skewer. Place in baking pan, add sauerkraut, pour over little water, bake in quite slow oven until spareribs are tender, about 2 hours, when water will have evaporated. Remove skewers, serve on hot platter with Watkins Pepper.

Spaghetti Italianne

1 quart water, salted
½ pound spaghetti
Sauce

SAUCE:
¼ cup olive oil
Small onion, chopped
Canned tomato pulp
Little salt
Watkins Pepper
Watkins Paprika
Worcestershire sauce
1 cup tomato catsup
1 cup cooked ham and tongue

Break spaghetti into pieces, drop into boiling salted water, cook 12 minutes, place in sieve, let cold water run through the cooked spaghetti. Return to double boiler to keep hot. Make a sauce of olive oil, small chopped onion, canned tomato pulp and heat thoroughly in the oil. Add little salt, Watkins Pepper, Watkins Paprika, Worcestershire sauce. Then add tomato catsup, finely ground cooked ham and tongue. Heat mixture to pour over spaghetti. Sprinkle mixture with grated Parmesan cheese before serving. Watkins Paprika.

Spaghetti

Bacon 3 slices cut into small pieces
Chopped onion
Cooked spaghetti
1 can condensed tomato soup
Watkins Chili Powder
Watkins Pepper
Salt

Fry bacon to a light brown. Cook onion in bacon fat. Add cooked spaghetti, soup and seasoning. Boil mixture 5 minutes and serve.

Spaghetti Sauce

4 pounds brisket of beef
⅓ cup olive oil, heat in casserole
Salt
Watkins Pepper
2 bay leaves
Pinch of thyme
12 whole black peppers
1 button garlic
1 No. 2 can tomatoes
1 cup tomato puree
Parmesan cheese
Watkins Paprika

Sear meat on all sides in hot olive oil. Reduce heat, add salt. Add seasoning, cover and simmer 2½ hours. Turn meat during cooking. Add can tomatoes and cook 30 minutes. Remove meat, put through chopper. Add meat to strained sauce. Heat and serve with hot spaghetti.

Spaghetti Loaf

4 cups cooked spaghetti
1½ cups milk
2 tablespoons butter
1½ tablespoons flour
½ teaspoon salt
⅛ teaspoon Watkins Pepper
⅛ teaspoon Watkins Paprika
1 pimento, chopped
3 eggs
1 cup grated cheese

Melt the butter, stir in the flour, seasoning, slowly stir in milk. Let come to boil, stir in cheese, cooked spaghetti, pimento. Stir in beaten eggs. Press into an oiled loaf pan. Place pan in hot water, bake in moderate oven, 350 degrees F. about 55 minutes.

Spinach

Spinach
Salt
Watkins Pepper
Piece butter

Wash spinach carefully to remove all sand. Place in double boiler without adding water, cook about 20 minutes. Chop spinach, return to double boiler adding salt, little Watkins Pepper and generous piece of butter. Keep lid on double boiler. Serve spinach hot.

Spinach Roll

2 cups cooked spinach
½ cup cream
2 eggs
Salt
Watkins Pepper
2 tablespoons buttered bread crumbs
4 hard boiled eggs

Cook, drain, chop spinach, beaten yolks, cream, seasoning. Pour into buttered baking dish. Add sliced boiled eggs, cover with spinach and bread crumbs. Set in pan with hot water. Bake 30 minutes.

Spinach Souffle

1½ cups cooked spinach, chop fine
1 tablespoon flour
2 eggs
2 teaspoons soft bread crumbs
½ cup cream
2 tablespoon butter
Salt
Watkins Pepper
Watkins Paprika
½ cup grated cheese

Blend flour and butter, add beaten egg yolks, bread crumbs, cream. Add seasoning. Stir in stiffly beaten egg whites, turn into buttered mold; grated cheese may be used. Place in pan with little hot water. Bake in slow oven about 1 hour.

Steamed or Boiled Summer Squash

Wash, quarter, or cut in thick slices. Steam or cook in small quantity of boiling salted water. Drain thoroughly, mash and season with butter, salt and Watkins Pepper.

Baked Winter Squash

Cut in pieces, remove seeds and stringy portion. Bake in moderately slow oven about 1½ hours. Remove squash from shell, mash; season with butter, salt, Watkins Pepper.

Succotash

2 cups fresh lima beans, shell, cook in kettle 1½ to 2 hours, or ¾ cup dried lima beans, cook 2 hours
Corn
Salt to taste

Add ½ pound salt pork to cook with beans. Remove pork after seasoning.
Cut corn from 6 ears and add to beans 10 minutes before serving. Add cream, salt, Watkins Pepper, butter to season. Serve very hot.

Spinach Pudding

1 pound fresh spinach
1 slice bread, cut 2 inches thick
½ cup milk
3 egg yolks and whites beaten separately
Watkins Celery Salt
Watkins Black Pepper
2 tablespoons chopped onion (fried in butter)
1 can tomato soup
2 tablespoons butter

Wash and clean spinach and remove stems and chop. Soak the bread in milk, flake the bread, add beaten egg yolks, seasoning, and onions. Add tomato soup and melted butter and blend well. Fold in beaten egg whites and steam 3 hours. Tomato may be omitted.

Spinach

(Use as little water as possible in cooking.) Steam spinach to retain all mineral salts.

Pick spinach over carefully. Remove roots, yellow leaves, and tough stems. Wash well in at least four changes of cold water to remove all sand.
For each peck of spinach use 2 cups boiling water. Cook spinach uncovered until tender. Drain, season with salt, Watkins Pepper. Keep covered and hot in top of double boiler until ready to serve. Add butter and serve in hot dish.

To Prevent Old Potatoes Turning Dark

When potatoes turn dark in cooking, add 1 teaspoon vinegar to 1 quart water while boiling.

Sweet Potato Surprise

2 cups riced sweet potato pulp
1 egg, well beaten
½ teaspoon salt
Little Watkins Pepper
Little cream

Roll into balls with one half marshmallow in center. Roll in corn flakes, fry in deep fat as for doughnuts. Use wire basket.

Sweet Potatoes with Apples

3 large baking apples
1 cup sugar
1 cup water
¼ cup cream
3 cups mashed sweet potatoes
¼ teaspoon salt
Dash of Watkins Cinnamon
Butter
Watkins Red Color Mixture

Remove core. Place apple in boiling syrup made of equal quantities of sugar and water, cook slowly until transparent, but not broken. Carefully lift out apples. Continue cooking the syrup until it spins a thread, add a little Watkins Red Color Mixture. Beat cream with sweet potatoes, seasoning and butter; fill apple center, place in pan with syrup. Bake. Six portions.

Sweet Potatoes with Sherry

3 sweet potatoes, large
½ cup light brown sugar
2 tablespoons butter
⅓ teaspoon Watkins Paprika
¾ cup cooking sherry

Boil the potatoes until tender, cool, peel and slice ¼ inch thick. Place in layers in a buttered casserole, sprinkle with sugar, add pieces of butter and little Watkins Paprika. When the dish is filled, pour in the sherry and bake about 20 minutes in a moderate, 350 degree F. oven. For a distinctive flavor sweeten with honey Sprinkle with sliced Brazil nuts.

Sweet Potato Pudding

3 medium-sized sweet potatoes
¼ cup cream
Grated lemon rind
1 tablespoon butter
Salt
Watkins Pepper

Wash, scrub and cook potatoes until tender. Peel, mash, adding a little grated lemon rind, butter, salt and Watkins Pepper. Add a little brandy to flavor. Add cream, beat well, add a little soft butter. Pour into a buttered baking dish, dot with butter, cover with halves of marshmallows. Lightly brown in moderate oven. Or use as filling with cooked red apples.

Sweet Potato Croquettes

2 cups mashed sweet potatoes
2 heaping tablespoons butter
¾ teaspoon salt
1 tablespoon brown sugar
2 eggs, well beaten
1 cup bread crumbs

Bake sweet potatoes until tender, peel and put through sieve. Add butter, salt and sugar to potatoes, and beat thoroughly. Form into croquettes, dip in beaten egg, then crumbs, and fry in wire basket in deep hot fat.

Yams (Sweet Potatoes)

Sweet potatoes
¼ pint thick cream
Ripe mashed bananas

Boil the sweet potatoes until quite soft, mash while hot. Add thick cream and 2 ripe mashed bananas for every 6 potatoes. Mix well, place in buttered baking dish, cover with marshmallows sliced in half. To be served with roast beef, roast pork or fowl.

Turnips

Watkins Paprika
Watkins Pepper

Wash, peel and cut in quarters. Cook uncovered in boiling salted water until tender. Drain, mash; just before serving add salt, Watkins Pepper and butter, or serve without mashing. A pound will serve 3.

Tomato Aspic

1 quart tomatoes (canned)
1 bunch celery
1 small bottle stuffed olives
3 tablespoons vinegar
½ tablespoon grated onion
1 tablespoon salt
⅛ teaspoon Watkins Red Pepper
1 box gelatin
Watkins Celery Salt
½ cup cold water
Watkins Onion Seasoning to taste

Mash tomatoes to pulp, removing stem pieces; cut celery fine, slice olives thin, add seasoning. Put gelatin in cold water 10 minutes, heat over boiling water until melted. Add to tomato mixture, turn into mold to jell. Rinse mold with cold water before pouring mixture so it will leave mold easily. Serve with chicken, turkey, or any meat.

Broiled Tomatoes

Wash, peel, cut in half crosswise. Sprinkle with salt, Watkins Pepper, dip in crumbs, beaten egg, again in crumbs, place on well-buttered broiler. Cook about 6 minutes. Serve hot.

Fried Tomatoes

Slice tomatoes; cover with fine bread crumbs, seasoned with salt, Watkins Pepper. Fry in butter. Serve hot.

Scalloped Tomatoes

Can of tomatoes
Few drops onion juice
Salt
Watkins Pepper
Little sugar
Buttered bread crumbs

Drain off some of liquid, cover bottom of buttered baking dish with bread crumbs. Add seasoning to tomatoes. Cover with buttered crumbs, bake in hot oven.

Stewed Tomatoes

Wash, peel, cut in pieces and cook slowly about 25 minutes, stirring often. Season with butter, salt and Watkins Pepper, little sugar just before serving.

Baked Stuffed Tomatoes

4 tomatoes
1 tablespoon butter
1 chopped celery stalk
4 tablespoons cooked veal, chicken and sweet bread
Watkins Black Pepper
Salt
Fine bread crumbs, buttered
Parsley
Watkins Celery Salt

Remove seeds from tomatoes, hollow them. Prepare filling, salt and pepper. Fill tomatoes with mixture, cover with bread crumbs, bake in hot oven 15 to 20 minutes, or use well-cooked rice with butter or canned corn as filling.

Vegetable Omelet

½ cup peas
½ cup celery, diced
⅔ cup raw diced carrots
1 small onion, diced
Watkins Celery Salt
2 tablespoons butter
Salt
Watkins Pepper
Watkins Paprika

Cook vegetables in small amount of water until tender, drain. Place in pan with little butter, heat thoroughly. Prepare fluffy omelet, first brown on bottom, place in oven, cook until top is dry. Fold omelet, with vegetable mixture between layers. Serve with hot muffins and grapefruit salad.

Vegetable Souffle

For carrots, spinach or Hubbard squash
¼ cup butter
¼ cup sifted flour
⅓ cup cream
⅓ cup water in which vegetable has been cooked
1 full cup vegetable which has been put through sieve
3 eggs
Salt
Watkins Pepper

Melt butter over hot water. Add flour gradually, then cream and vegetable. Add well-beaten egg yolks, and fold in stiffly beaten egg whites. Pour into buttered baking dish, place in pan with hot water and bake in slow oven.

Drawn Butter Sauce

⅓ cup butter
4 tablespoons flour
¼ teaspoon salt
1 pint boiling water
Watkins Paprika

Blend butter, flour, gradually add boiling water, stir constantly to make smooth paste. Simmer until right consistency to use.

Cheese Cream Sauce

¾ cup grated mild cheese
1 teaspoon Watkins Dry Mustard
½ cup heavy cream
½ teaspoon Worcestershire Sauce
1 teaspoon lemon juice
Watkins Paprika

Whip cream, work in cheese. Add remaining ingredients, blend well.

Cream Sauce for Vegetables

2 tablespoons butter
2 tablespoons flour
1 cup milk
¼ teaspoon salt
⅛ teaspoon Watkins Paprika

Melt butter over hot water, slowly add flour, blend to smooth paste. Add milk gradually, stir constantly, let mixture come to boil, simmer few minutes. Add seasoning. For thin cream sauce use 1 tablespoon flour, 1 tablespoon butter.

Dressing for Cauliflower, Asparagus

¼ cup vinegar
½ cup water
1 tablespoon butter
¼ teaspoon Watkins Dry Mustard
½ teaspoon salt
1 tablespoon lemon juice
¼ teaspoon Watkins Paprika
1 teaspoon sugar
4 egg yolks

Blend all ingredients except eggs, bring to boil. Remove from fire, cool, add beaten yolks. Place in double boiler, return to fire, beat constantly until mixture thickens. Add Watkins Paprika before serving.

Hollandaise Sauce

¾ cup butter
2 tablespoons lemon juice
3 egg yolks, beaten
Few grains salt
⅛ teaspoon Watkins Paprika
Serve on Fish Cauliflower Asparagus or Broccoli

Melt one third of butter in top of double boiler, stir in lemon juice and beaten egg yolks. Place over hot water, cook slowly, beat constantly using wire whisk. Add one half of remaining butter, beat, add rest of butter. Beat until mixture thickens. Remove from water. Add seasoning. If sauce should separate, add hot water by teaspoon and use rotary beater.

Mock Hollandaise Sauce

2 tablespoons butter
2 tablespoons flour
½ cup hot milk or boiling water
⅛ teaspoon Watkins Pepper
½ teaspoon salt
Few grains Watkins Red Pepper
2 egg yolks
1 tablespoon lemon juice

Melt butter, blend in flour, stir well. Slowly add milk, seasoning, bring to boiling point. Add beaten eggs, slowly add lemon. Cook mixture in double boiler. Add Watkins Paprika. Use rotary beater.

Sauce for Vegetables

2 egg yolks
1½ tablespoons butter
1 teaspoon vinegar
⅓ pint cream
1 tablespoon lemon juice
Watkins Pepper

Add melted butter to beaten yolks and cream. Cook in double boiler until mixture begins to thicken. Remove from fire, add vinegar and lemon juice, beat.

Cream Sauce

2 tablespoons butter
1½ tablespoons flour
1 cup cream
¼ teaspoon salt
Watkins Paprika

Melt butter, stir in flour and seasoning. Slowly stir in cream, bring to boiling point, boil 2 minutes. Add Watkins Paprika. ¼ teaspoon Watkins Dry Mustard may be blended with flour.

Salads and Salad Dressings

A Man's Salad

Pod garlic
Crisp lettuce
⅔ part olive oil
⅓ part lemon juice
Watkins Dry Mustard
Salt
Watkins Paprika

Rub pod garlic against side of mixing bowl, throw away shell. Blend oil and lemon juice, other ingredients, quantity depending on individual taste. Mix with lettuce until well seasoned.

A-1 Salad

½ cup celery
⅓ cup radishes
2 or 3 tomatoes
½ cup diced cucumber
2 teaspoons chopped green pepper
Lettuce
Canned artichoke hearts, ½ cup
½ cup French dressing
Watkins Onion Seasoning
Watkins Paprika
Watkins Celery Salt

Into mixing bowl, place six or eight leaves of shredded lettuce. Crisp diced celery, sliced radishes, diced cucumbers, chopped green pepper, shredded cabbage in ice water; add quartered tomatoes and French dressing. Toss all together until well mixed. Two tablespoons Roquefort cheese and ½ cup grated carrot may be added.

Appetizer Salad

(Stuffed Tomatoes in Aspic)

6 small tomatoes
¾ cup celery, diced
½ teaspoon salt
Watkins Pepper
Watkins Celery Salt
⅓ cup mayonnaise
3 cups aspic jelly
1¼ cups chopped, cooked chicken or crabmeat flaked

Mix celery, meat, mayonnaise, salt, and stuff tomatoes. Chill. Cover bottom of individual mold with aspic. Put cut green peppers, sliced olives in bottom of mold. Let set. Carefully place tomatoes in molds upside down, add more liquid jelly, so tomato will not float, cover tomato entirely. Chill thoroughly. Unmold on lettuce, serve with sharp dressing.

Avocado

Avocado
Lettuce
French Dressing
Watkins Paprika

Cut fruit in halves lengthwise, remove seed and thin brown covering. Place on lettuce. Serve with lemon juice, French dressing.

Cabbage Salad

2 cups shredded cabbage
1 pimento
1 green pepper
Salt
¾ cup shredded pineapple
Watkins Celery Salt
Watkins Paprika
Lettuce, crisp
½ cup salad dressing
⅓ cup chopped celery

Shred crisp cabbage in cold water. Cut pepper, pimento, mix all ingredients with boiled salad dressing. Add Watkins Paprika.

Cabbage Salad Dressing

1½ teaspoons Watkins Dry Mustard
1½ teaspoons powdered sugar
1 teaspoon salt
2 tablespoons olive oil
⅓ cup vinegar (scant)
2 whole eggs
Watkins Paprika

Beat eggs well, add sugar, salt, Watkins Dry Mustard, vinegar. Blend, cook in double boiler until mixture thickens. Let cool, add little whipped cream before serving. Watkins Paprika.

Chicken Salad

Cook chicken and dice
Add same amount cut celery, crisp in ice water
Salt
Watkins Pepper
Watkins Celery Salt
1 cup cut blanched almonds
Boiled salad dressing or mayonnaise to moisten
Watkins Paprika

Blend all ingredients. Serve on crisp lettuce.

Chicken Salad Dressing

6 egg yolks
½ cup vinegar
½ cup water
1 cup olive oil
Salt
Watkins Paprika

Beat egg yolks, add liquid, cook, stirring constantly. Cool by beating. Slowly add olive oil, seasoning, beat thoroughly.

Chicken Salad in Mold

2 cups chopped cooked chicken
1 cup cut celery hearts, crisp in ice water
1 cup cut blanched almonds
1½ cups chicken stock, strain
Salt
Watkins Pepper
Watkins Celery Salt
Watkins Paprika
Cooked mushrooms and cooked sweetbreads may be added

Dissolve 1 tablespoon plain gelatin in ¼ cup cold water, add to hot stock. Blend all ingredients, turn into mold rinsed in cold water. Serve on crisp lettuce with salad dressing.

Instead of stock may add 1½ cups hot strained cranberry juice, add little sugar, let cool. Pour over salad mixture, chill. Serve with salad dressing.

Cheese Salad

2 cakes Philadelphia cream cheese
Mayonnaise
Gelatin
Watkins Paprika
Maraschino cherries
Crushed pineapple
Little salt
Heavy cream

To Philadelphia cream cheese, add little mayonnaise and blend. Add gelatin dissolved in hot water. Add cut maraschino cherries and crushed pineapple. Little salt and heavy cream to make right consistency. Mold in tray of electric refrigerator. Cut in squares, serve on crisp lettuce with crisp crackers.

Cabbage Relish Salad

3 cups shredded cabbage
½ cucumber, diced
½ green pepper, shredded
⅓ cup diced celery
1 tablespoon minced onion
¾ teaspoon salt
½ cup vinegar
⅛ teaspoon Watkins Pepper
½ cup cream

Crisp cabbage, cucumber, celery in iced water. Drain and dry. Blend all the ingredients together except cream and chill in refrigerator. Just before serving stir in cream.

Cherry Salad

Cherries, black or Royal Anne
Cream cheese
Nuts
Lettuce, crisp

Select large black or Royal Anne canned or fresh cherries. Remove stones carefully, fill with cream cheese and nuts. Chill, serve on crisp lettuce with fruit salad dressing.

Crab Meat Salad

1 can (½ pound) crab meat, flake
1 cup mayonnaise
2 tablespoons chopped sweet pickle
2 hard cooked eggs, chopped
½ cup crisp celery, cut fine
1 tablespoon gelatin dissolved in ¼ cup cold water
¼ cup boiling water
⅛ teaspoon salt

Blend ingredients and stir into gelatin mixture. Pour into mold and chill. Serve on crisp lettuce with Mayonnaise Dressing. Add Watkins Paprika.

Fruit Jelly Ring

1 envelope gelatin
½ cup cold water
1 cup hot fruit juice
⅓ cup sugar
½ teaspoon salt
¼ cup lemon juice
1 cup halved cherries
Grapefruit, diced
Pineapple, diced

Soften gelatin in cold water. Add sugar, salt, and hot liquid. Stir until dissolved. Add lemon juice, mix thoroughly. Allow jelly to slightly thicken, add fruit. Turn into mold rinsed in cold water. Chill. Garnish with salad dressing.

Fruit Juice Aspic (for Salad)

1 quart syrup from canned pineapple and canned white cherries
Juice of 3 oranges
Juice of 2 lemons
1 cup sugar
1 box gelatin
1 cup cold water
Boiling water
Any cut fruit

Dissolve gelatin in cold water, then in boiling water. Mix with fruit syrup and juice. Let mixture come to boil. Cool. Pour into mold. Any fruit may be molded. If canned fruit is used, drain well.

Fruit Gelatin Salad in Mold

1 package lemon Jello
2 cups boiling water
1 small can shredded pineapple
½ cup canned apricots
1 small can white cherries
1 grapefruit, small pieces
Watkins Paprika

Dissolve Jello in boiling water, when partially formed add blended fruit but strain off all juice. Serve with fruit salad dressing or mayonnaise. Add Watkins Paprika.

Cream Salad Dressing

FOR FRUIT SALADS

½ teaspoon Watkins Dry Mustard
½ teaspoon salt
⅛ teaspoon Watkins Paprika
2 egg yolks
¼ cup vinegar
¼ cup butter
⅓ cup whipped cream

Add sifted dry ingredients to beaten egg yolks, add vinegar and butter. Cook in double boiler, stir until smooth and creamy. Remove from fire, when cool add stiffly beaten egg whites, beat over hot water. Chill. Before using, add cream and Watkins Paprika.

Mixed Fruit Salad

½ cup cut pineapple
½ cup diced ripe pears
½ cup grapefruit
½ cup cherries
1½ cups banana (add lemon juice to prevent turning dark)
Watkins Paprika

Toss all together lightly with fork. Chill. Serve with fruit salad dressing on crisp lettuce. Add a dash of Watkins Paprika.

Fruit Salad

Grapefruit
Lettuce
Avocado
French dressing
Watkins Paprika

Peel and carefully remove whole pieces of grapefruit. Cover with little sugar, later serve on crisp lettuce with slices of avocado and French dressing or any fruit combination. Chill.

Frozen Fruit Salad

5 oranges
5 bananas
1 small can pineapple
1 cup whipped cream
1 small bottle maraschino cherries
1 cup cooked salad dressing

Blend all ingredients, turn into mold and chill several hours. Serve on crisp lettuce with little salad dressing. Watkins Paprika.

Potato Salad

Cut firm, cold boiled potatoes, 1 small onion, 2 cucumbers, diced and soaked in ice water, 2 hard cooked eggs, boiled salad dressing and Watkins Paprika.


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CLOVES
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CELERY SALT
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EXTRACT OF ALMOND
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MIXED FRUIT FLAVOR
WATKINS
IMITATION BANANA FLAVOR
WATKINS
EXTRACT OF LEMON
BLUE
GREEN
WATKINS
Color Mixtures
WATKINS
EXTRACT OF ORANGE
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DOUBLE STRENGTH
IMITATION VANILLA

Potato Salad

1 quart diced cold boiled potatoes
4 sliced hard cooked eggs
1 cup celery hearts cut, let stand in iced water
½ cup thinly sliced radishes, let stand in iced water
1 small onion, cut fine
⅓ cup green peppers, cut
1 cup diced cucumbers
1 cup or more boiled salad dressing or mayonnaise
Watkins Celery Salt
Watkins Onion Seasoning

Prepare in order given. Add Watkins Paprika before serving. Mix thoroughly, chill, serve on crisp lettuce.

Hot Potato Salad

Potatoes
Spanish onions
Butter
Little flour
Vinegar
Salt
Watkins Pepper
Watkins Onion Seasoning
Watkins Paprika

Cook potatoes with skins. Cook onions in water with salt, cook quite dry. When cool, add butter blended with flour, add vinegar, water, salt and seasoning. Heat, pour over potatoes that have been peeled and sliced, add little butter. Put in buttered baking dish, place in warm oven 1 hour.

Hot Slaw

Cabbage
Eggs
Butter
Milk
Salt
Watkins Paprika
Watkins Pepper

Shred cabbage, place in iced water to crisp. Heat 1 cup milk in double boiler, add 3 or 4 egg yolks, well beaten. Stir and cook. When cool, add little vinegar, mix well with drained cabbage, add seasoning.

Mock Lobster Salad

2 pounds fillet of haddock
1 stalk celery
1 teaspoon salt
1½ cups boiling water
½ tablespoon Watkins Paprika
⅛ teaspoon Watkins Pepper
¼ cup French dressing
Watkins Celery Salt
Lettuce
Mayonnaise Dressing

Cook fish in celery and boiling water until tender, about 10 minutes. Drain. Remove celery and flake fish. Sprinkle with French Dressing, Watkins Paprika and chill in refrigerator. Serve on crisp lettuce with mayonnaise.

Beet Salad

Dice cooked beets and cold boiled potatoes, blend with French Dressing. Add grated hard cooked egg over top.

Lobster Salad

2 cups lobster meat cut in cubes
1½ cups inner stalks of celery
Watkins Paprika
Hard-boiled eggs (optional)
Lettuce, crisp
Capers (optional)
1 cup mayonnaise

Marinate lobster meat in French dressing. Chill well. When ready to serve combine with celery, moisten with mayonnaise. Arrange in nest of crisp lettuce, garnish with celery tips, capers.

Macedoine Salad

1 cup cooked potatoes, cubed
1 cup cooked carrots, cubed
1 cup cooked string beans
2 tablespoons chopped parsley
Lettuce
French dressing
½ cup green pepper
½ cup diced celery hearts
Watkins Celery Salt

Arrange crisp lettuce, add vegetables with dressing. Watkins Paprika.

Pear Salad

Canned or fresh pears
Cream cheese
Chopped nuts
Mayonnaise
Lettuce
Watkins Paprika

Fill halves of fresh ripe or canned pears with cream cheese. Add chopped nuts and mayonnaise dressing. Serve on crisp lettuce. Preserved sliced kumquats may be used with pear. Add Watkins Paprika.

Tomato Aspic

1 small can tomatoes, strained
1 teaspoon sugar
Salt to taste
1 cup rich meat stock
Watkins Celery Salt
Watkins Red Pepper
Watkins Black Pepper

Heat all ingredients to boiling point. Cool. Add 2 tablespoons gelatin dissolved in ½ cup cold water.
Add to first mixture and chill. Serve with meat.

Tuna Fish Salad

2 cups flaked tuna fish
1 tablespoon lemon juice
1 cup celery hearts, diced
½ teaspoon salt
1 pimento, shredded
¼ teaspoon Watkins Paprika
Mayonnaise or boiled dressing
Lettuce

Remove fish from can to colander. Pour boiling water over it, drain, and flake, removing all skin. Add lemon juice, French dressing and chill. When ready to serve, mix with celery, pimento, salt, Watkins Paprika and enough salad dressing to moisten. Arrange on crisp lettuce, garnish with celery tips, stuffed olives cut in halves and additional mayonnaise or Russian dressing. Salmon may be substituted for tuna fish.

Stuffed Tomato Salad

Ripe tomatoes, chill
Cooked sweetbreads or cooked chicken
Celery, cut, crisp in ice water
½ cup blanched almonds
Mayonnaise dressing
Watkins Celery Salt
Watkins Paprika

Peel, cut off top, scoop out center of tomatoes. Chill. Fill with blended mixture, serve on crisp lettuce.

Or use shredded cabbage, shredded pineapple; and diced cucumbers after placing in ice water and salt to crisp.

Vegetable Salad

12 tomatoes
2 large cucumbers peel, slice, let stand in salted ice water 2 hours or more
2 green peppers
3 stalks celery cut, place in ice water
Mayonnaise
2 bunches radishes, place in ice water
1 cup blanched almonds
1 can peas
Freshly boiled potatoes, if desired, (cut in pieces)
3 tablespoons India Relish
½ cup chili sauce
Salt
Watkins Celery Salt
Watkins Onion Seasoning

To 1 quart mayonnaise dressing, add ½ bottle chili sauce. Chill all ingredients, add sufficient dressing to moisten, season. Serve on crisp lettuce. Use Watkins Celery Salt, Watkins Onion Seasoning. Watkins Paprika.

Canned Vegetable Salad

Canned vegetables
½ cup French dressing
1 tablespoon chives
Lettuce
Peas
Carrots
Beans
Beets
Lima Beans
Watkins Pepper
Watkins Celery Salt
Watkins Paprika

Drain canned vegetables. Place each in separate bowl. Add French dressing and chives. Chill in refrigerator three or four hours. Just before serving, line a salad bowl with crisp lettuce leaves. Arrange marinated vegetables in three separate mounds in large bowl. Score cucumber lengthwise, slice thinly. Slice 6 radishes across top of bowl. Add tomatoes cut wedge shape, and lettuce. Add French dressing.

Cooked Vegetable Salad

Lettuce, asparagus, carrots, beets, string beans, cauliflower, French dressing. Cook all vegetables separately. Chill. Serve on crisp lettuce. Use Watkins Pepper, Watkins Celery Salt. Watkins Paprika.

Waldorf Salad

1½ cups diced apples
¼ teaspoon salt
1 cup diced celery
¼ cup mayonnaise and little whipped cream
½ cup nut meats
Watkins Paprika

Sprinkle lemon juice over apples. Toss all together lightly with dressing. Garnish with maraschino cherry and little salad dressing.

Boiled Salad Dressing

1 teaspoon Watkins Dry Mustard
¾ teaspoon salt
¼ teaspoon Watkins Paprika
3 egg yolks
3 tablespoons melted butter
2 tablespoons flour
1 cup milk, hot
4 tablespoons vinegar
1 tablespoon sugar
½ cup heavy cream
1 tablespoon lemon juice

Blend dry ingredients, stir into beaten yolks of eggs. Cook in double boiler and beat until thick. Remove from fire. Cool, add vinegar, lemon juice and butter, beat smooth. Add whipped cream before serving. Or omit flour and butter and use cream instead of milk.

Boiled Salad Dressing

1¼ cups cider vinegar
¼ cup cold water
½ cup sugar
12 egg yolks
2 level teaspoons Watkins Dry Mustard
Watkins Paprika
Salt

Heat vinegar and water, add to beaten eggs mixed with sugar and Watkins Dry Mustard. Cook in double boiler until mixture thickens. Cool. Before serving, add little whipped cream. Will keep in closed jar in refrigerator.

Chiffonade Salad Dressing

3 tablespoons chopped pimentos
1 tablespoon chopped chives
2 hard cooked eggs, chopped
2 tablespoons pickle relish
1 tablespoon catsup
1 teaspoon salt
Watkins Pepper
Watkins Onion Seasoning
½ teaspoon Watkins Paprika
3 tablespoons beets, chopped
½ cup olive oil to which has been added
3 tablespoons lemon juice
Watkins Celery Salt

Mix all ingredients together. Chill. Shake well before using.

Cream Salad Dressing

Yolks 2 eggs
¼ cup vinegar
¼ cup butter
½ teaspoon Watkins Dry Mustard
½ teaspoon salt
¼ teaspoon Watkins Paprika
½ cup whipped cream
Watkins Paprika

Place yolks, vinegar and butter in double boiler and cook beating constantly until smooth. Add seasoning.
Remove from fire, add well-beaten white of 1 egg and heat again sufficiently to cook egg. Chill. Before serving add cream.

Cream Cheese Salad Dressing

5 tablespoons cream cheese
⅓ teaspoon salt
¼ teaspoon Watkins Paprika
Watkins Onion Seasoning
6 tablespoons French salad dressing

Mash cheese with fork, blend all ingredients, serve with green salad.

Cream French Dressing

¼ teaspoon Watkins Dry Mustard
¼ teaspoon Watkins Paprika
¼ teaspoon salt
¼ teaspoon sugar
4 teaspoons tomato catsup
2 tablespoons vinegar
5 tablespoons olive oil

Blend all ingredients, add 2 tablespoons sour or heavy sweet cream, ½ teaspoon chopped chives may be added. Whip in oil drop by drop.

Chutney Salad Dressing

¼ teaspoon salt
¼ teaspoon Watkins Paprika
¼ teaspoon sugar
1 tablespoon lemon juice
4 tablespoons olive oil
1 teaspoon grated Edam cheese
1 tablespoon chutney

Blend all ingredients, mix well before using.
Or add 2 tablespoons chopped chutney to French Salad Dressing.

French Salad Dressing

1 cup olive oil
¼ cup sugar
¾ cup catsup
½ cup vinegar
Juice of 1 lemon
¼ teaspoon Watkins Paprika
1 teaspoon salt
¼ teaspoon Watkins Red Pepper
Sugar to taste
Worcestershire sauce

Blend all ingredients. Shake well before using.
For Tart French Dressing: Omit sugar, add ½ teaspoon dry Mustard to dry ingredients and increase vinegar or lemon juice 3 tablespoons.

Watkins Salad Dressing

Juice 2 lemons
2 tablespoons cider vinegar
7 tablespoons confectioners sugar
1 cup olive oil
1 level teaspoon salt
Watkins Paprika until mixture is red in color

Beat with rotary beater adding oil slowly. Whip thoroughly. Shake well before using.

French Dressing (without Olive Oil)

¼ teaspoon salt
¼ teaspoon Watkins Paprika
1 tablespoon lemon juice
¼ teaspoon Watkins Dry Mustard
3 tablespoons mineral oil

Blend all ingredients, slowly add oil last. Beat thoroughly.

Fruit Salad Dressing

2 eggs, well beaten
½ cup sugar, beaten well with eggs
Juice of 1 lemon
½ pint whipping cream
Pinch salt

Beat eggs well, add sugar, juice of lemon and pinch of salt. Cook in double boiler until thick. Add whipped cream to dressing just before serving. Will serve 8.

Mayonnaise Dressing

Yolks of 4 eggs
1 level teaspoon salt
1 cup olive oil
Juice 2 lemons
Watkins Paprika
½ cup whipping cream
½ teaspoon Watkins Dry Mustard

Have bowl and fork cold. Mix egg yolks and seasoning. Alternate drop by drop the strained lemon juice and oil. If oil and egg should curdle, add a little cream. Mix thoroughly. Add stiffly beaten cream. Use rotary beater.

Mint Dressing

Add 1 teaspoon chopped mint to French salad dressing.

Roquefort Dressing

¼ pound Roquefort cheese
½ teaspoon salt
1 teaspoon Watkins Paprika
3 tablespoons olive oil
1 teaspoon Watkins Dry Mustard
1 tablespoon vinegar
Worcestershire sauce
Watkins Paprika

Mix all together beating well and blend into smooth paste.
Or cream ¼ cup Roquefort cheese with 2 tablespoons French dressing then beat in more dressing to suit taste. Add Watkins Paprika.

Russian Dressing

1 bunch celery
6 pickles very fine
3 hard-boiled eggs
Few pimentos
2 green peppers
2 tablespoons vinegar
¼ cup cocktail catsup
⅓ cup olive oil
⅓ cup mayonnaise
Watkins Paprika
Watkins Celery Salt
Watkins Onion Seasoning

Chop celery, pickles, hard-boiled eggs, pimentos and peppers; add ingredients. Mix thoroughly. Chill. Add Watkins Seasoning.

Salad Dressing (Plain)

4 egg yolks, well beaten
2 teaspoons vinegar
8 teaspoons olive oil
Little salt
Watkins Paprika

Beat all together with rotary beater, place in bottle or jar and shake well before using.

Thousand Island Salad Dressing

1 cup mayonnaise
4 tablespoons chili sauce
3 tablespoons catsup
1 teaspoon tarragon vinegar
2 tablespoons chopped green pepper
Salt
1 tablespoon chopped red pepper
1 teaspoon Watkins Paprika
½ teaspoon chopped chives
Watkins Celery Salt
Watkins Onion Seasoning

Mix all ingredients and add to mayonnaise.

Mayonnaise Dressing (that will not curdle)

1 teaspoon Watkins Mustard
1 teaspoon Watkins Paprika
1 teaspoon salt
2 egg yolks
Use rotary beater
Add 1 tablespoon boiling water
1 cup olive oil add 1 tablespoon at a time for ½ cup
1 tablespoon lemon juice
1 tablespoon vinegar

Blend Watkins Paprika, salt and Watkins Mustard. Add beaten egg yolks, whip with rotary beater. Add boiling water gradually. Add olive oil as directed and whip briskly. Later the oil may be added faster. Add lemon juice and vinegar last. Keep tightly covered in the refrigerator.

Puddings and Sauces

Almond Pudding

½ Recipe Will Serve 8

- 1½ cups sugar
- ½ cup butter
- 4 egg yolks and whites
- ½ cup ground citron
- 1 cup sliced almonds
- 2 cups cracker crumbs
- 1 cup flour (sifted)
- 2 cups milk
- 1 teaspoon Watkins Vanilla and Almond Extract
- 1 teaspoon Watkins Nutmeg
- 1 teaspoon Watkins Baking Powder

Cream sugar, butter and 4 egg yolks. Add citron, almonds, crackers, flour, milk, Watkins Cinnamon, Vanilla and Nutmeg. Add last 4 egg whites beaten stiff and Watkins Baking Powder. Put in mold, steam 3½ hours.

Use Watkins Foamy Pudding Sauce with cooking sherry.

Reduce one half to serve 8. Then steam 2½ hours.

Almond Cream Dessert

- 6 egg whites
- 1¼ cups sugar
- 1 tablespoon gelatin
- 1 cup sliced almonds
- ¼ cup cold water
- 1 teaspoon Watkins Almond Extract
- ⅓ cup cooking sherry

Individual molds may be used. Garnish with strawberries.

Dissolve gelatin in cold water 5 minutes, stir in boiling water. Add sugar and blend well. Chill the mixture until it begins to stiffen, then beat until frothy. Beat egg whites until stiff, add beaten gelatin. Use rotary beater and beat until stiff. Add almond and sherry. Pour into mold. Chill about 3 hours and serve with sherry sauce, or whipped cream. See below.

Vanilla Sherry Sauce

- 2 cups milk, scald
- 6 egg yolks
- ¼ cup sugar
- 1 cup heavy cream
- ⅛ teaspoon salt
- 3 tablespoons sherry
- 1 tablespoon Watkins Vanilla

Heat milk in double boiler. Use rotary beater for egg yolks. Add sugar, stir into hot milk after partly cooled. Return to double boiler, stir and cook mixture until custard coats a spoon. Cool. Add flavoring. Just before serving, stir in whipped cream. Serve with pudding.

Apricot or Banana Whip

- 1 pint apricots, chopped
- 1 cup whipped cream
- Watkins Vanilla
- ⅓ cup pulverized sugar
- ½ teaspoon Watkins Lemon Extract

Blend ingredients. Let stand in mold in refrigerator a short time.

Delicious Baked Apples

1 teaspoon Watkins Lemon Extract
Watkins Cinnamon

Core apples carefully, then peel apples down ½ inch from top. Place in a baking pan, add the peelings and the cores. Sprinkle granulated sugar over the apples. Fill the core opening with a piece of butter and sugar. Add ½ cup of water, 1 teaspoon Watkins Lemon Extract, little Watkins Cinnamon. Place pan in a medium hot oven, 350 degrees F., and bake about 1 hour. After 15 minutes baste with the syrup formed in the pan. Baste frequently until the apples are soft. Remove from oven, let cool, and baste until the syrup will adhere to the apples which gives the glaze. Remove the apples to a clean pan. In the pan in which the apples were baked, add ½ cup water to make a syrup. Let boil 10 minutes, strain and serve 1 tablespoon of the syrup with the apple. Add a dash of Watkins Cinnamon and serve with cream.

Vienna Apple Cake

1 egg yolk
2 tablespoons cold water
Dash of salt
Juice of ½ lemon
½ cup butter
1 cup sifted flour
1 teaspoon Watkins Baking Powder
3 large apples
¼ cup raisins
⅓ cup almonds
1 egg beaten
1 teaspoon Watkins Lemon Extract

Beat together egg yolk, water, salt and lemon juice. Cream butter, blend into first mixture, add flour. Divide dough in half. Roll one piece out thin and fit into greased pan, 12x6 inches. Peel and core apples and chop fine with raisins and almonds. Spread mixture over dough in pan, top with remaining dough rolled out thin. Brush with beaten egg. Bake in hot oven 400 degrees F., about 45 minutes.

Apple Pudding

1 cup flour (sifted)
1 cup sugar
Salt
1 egg
2 cups diced apples (large cup)
1 tablespoon butter
1 teaspoon Watkins Baking Powder
½ cup milk
Watkins Nutmeg

Blend beaten egg, melted butter, milk, flour and Watkins Baking Powder. Slice apples, add sugar, place in buttered baking dish, dot with butter, sprinkle with Watkins Cinnamon. Cover with dough. Bake in a 350 degree F. oven. Serve with cream.

Banana Spanish Cream

¼ box gelatin
1 pint milk, hot
4 eggs
Pinch salt
½ teaspoon Watkins Vanilla
8 tablespoons sugar
6 bananas (ripe)
Sprinkle with lemon juice to keep bananas from turning dark

Soak gelatin in little cold milk. Put milk in double boiler, stir in gelatin, cook until thoroughly dissolved. Beat yolks, sugar and salt together, add to milk. Cook until consistency of rich cream, add Watkins Vanilla.

Turn hot custard into mold after folding in beaten whites of eggs, sugar to taste. Line mold with sliced bananas. Other fruit may be used.

Berry Pudding

1 quart berries (raspberries, or blackberries)
¾ cup powdered sugar
¾ cup butter
1 pound sponge cake, dry
6 eggs
Watkins Vanilla or Lemon Extract

Cook berries. Cream butter, sugar, add to berries, then crumbed sponge cake. Mix thoroughly. Beat egg whites stiffly, beat yolks separately. Add beaten yolks to mixture, then beaten whites of eggs. Pour into well-buttered baking dish, bake in moderately hot oven about thirty minutes. Cool slightly, cover with meringue, return to oven to brown.

Bread Pudding

2 cups dry bread crumbs
½ cup granulated sugar
1 pint cream or milk
4 eggs
¼ teaspoon Watkins Cinnamon
½ teaspoon Watkins Vanilla
4 tablespoons butter
Few grains salt

Soak bread crumbs in cream. Add sugar and butter, beaten eggs, salt, flavoring. Place in buttered baking dish, add little chopped citron, chopped raisins and dates. Bake about 40 minutes in 350 degree F. oven.

Brown Betty

2 cups bread crumbs
¼ cup butter, melted over hot water
1 quart sliced apples
¾ cup sugar, brown or white
¼ teaspoon Watkins Nutmeg
Grated rind and juice of ½ lemon
½ cup hot water
Watkins flavoring Almond or Lemon

Mix crumbs and butter with fork. Cover bottom of buttered pudding dish with crumb mixture, cover with half the apples, sprinkle with half of sugar, Watkins Nutmeg, lemon juice, cover with crumbs and remaining ingredients. Bake 40 minutes in moderate oven. Cover at first to prevent crumbs browning too rapidly. Serve with cream.

Watkins Butterscotch Dessert

¼ cup (or 4 level) tablespoons Watkins Butterscotch Dessert
½ cup cold water
1 cup granulated sugar (scant cup if less sweetness is desired)
1½ cups milk
Watkins Vanilla

Directions for Pudding, Cake Filling or Pie. As the Dessert has a tendency to pack, shake can vigorously before using.
Blend Dessert with all the water, and mix well. Heat the milk, preferably in a double boiler, stir in and dissolve the sugar. When milk boils add the blended Dessert Mixture. Cook from 5 to 7 minutes, stirring well to keep smooth. Remove from stove and cool. Pour into a baked pie crust, dessert cups, or use as a cake filling. Cover pie with meringue made of stiffly beaten egg whites, adding 3 tablespoons granulated sugar to 2 whites and 3 to 4 drops of Watkins Vanilla. Brown lightly in the oven. When used as cake filling, beat mixture while cooling before covering the cake.
For Pudding: Serve plain or with sweetened whipped cream.

Carrot Pudding

½ cup butter
1 cup sugar creamed together
1 cup grated carrots
1 cup grated potato
1¼ cups flour (sifted)
1 teaspoon soda
dissolved in hot water
Watkins Spices, little salt
1 cup raisins, cut
1 cup dates and figs, chopped
½ cup chopped walnuts
1 teaspoon Watkins Vanilla

Cream butter, beat in sugar. Blend all ingredients in the order given. Pour into well buttered mold. Place oiled waxed paper over pudding then lid. Steam 3 hours. Serve hot with Ginger or Foamy Pudding Sauce.

Date Charlotte Russe

1 tablespoon gelatin
¼ cup cold water
⅓ cup milk, scald
⅓ cup powdered sugar
1 cup whipping cream
1 teaspoon Watkins Vanilla
½ cup chopped dates
½ cup nuts
Lady fingers

Soften gelatin in cold water and stir into hot milk. Add sugar. When mixture starts to thicken use rotary beater, whisk well. Fold in whipped cream and Watkins Vanilla, then nuts and dates. Place lady fingers around mold. Add mixture, then chill. Serve with sweetened whipped cream, garnish with strawberries.

Chocolate Pudding

1 egg
½ cup sugar
1 teaspoon flour
1 pint milk
1 teaspoon butter
Pinch salt
4 tablespoons or more Watkins Cocoa
1 teaspoon Watkins Vanilla

Scald milk, let cool, add well-beaten egg, sugar, flour, Watkins Cocoa dissolved in hot water. Cook in double boiler until of creamy consistency. Let cool, add Watkins Vanilla, beat with rotary beater. Serve with whipped cream.

Chocolate Pudding (Steamed)

3 tablespoons butter, melted over hot water
⅔ cup sugar
1 egg
1⅛ cups flour (sifted)
2 teaspoons Watkins Baking Powder
⅛ teaspoon salt
¾ cup top milk
4 tablespoons Watkins Cocoa
1 teaspoon Watkins Vanilla

Melt butter, cool, stir in sugar and beaten egg. Add Watkins Cocoa dissolved in little boiling water. Add sifted dry ingredients and milk. Blend mixture. Turn into well buttered mold. Steam 2 hours. Serve with whipped cream or pudding sauce.

Chocolate Bread Pudding

2 cups dry bread crumbs
4 cups milk, scald
3 eggs
½ teaspoon salt
½ teaspoon Watkins Nutmeg
⅓ cup Watkins Cocoa
⅔ cup sugar

Put bread, milk and Watkins Cocoa in bowl. Add 1 tablespoon of butter. Beat eggs, sugar and salt. Blend all ingredients and pour into pudding dish, bake in slow oven about 40 minutes placing dish in hot water. Serve with Cream Sauce or whipped cream.

CREAM SAUCE:

½ pint cream
⅓ cup milk
⅓ cup sugar
1 egg
½ teaspoon Watkins Vanilla

Beat egg white until stiff, add milk, beaten yolk, sugar, Watkins Vanilla and cream.

Chocolate Date Cup

2 whole eggs
¼ cup sugar
½ cup dates
½ cup chopped walnuts
2 heaping teaspoons Watkins Chocolate Dessert
2 or 3 tablespoons milk
1 teaspoon Watkins Vanilla
2 cups milk
½ cup Watkins Shredded Coconut
Pinch salt

Beat eggs two or three minutes. Add sugar, dates (pitted and cut) walnuts (not chopped too fine) Watkins Chocolate Dessert mixed with milk and Watkins Vanilla. Put in buttered baking dish, bake in slow oven 35 to 45 minutes. Serve with whipped cream, sprinkle with Watkins Shredded Coconut. Serves 4 to 6.

Watkins Coconut Custard

4 eggs
⅓ cup granulated sugar
¼ teaspoon salt
1 quart top milk
1 cup Watkins Shredded Coconut
1 teaspoon Watkins Vanilla

Scald milk. Follow cup custard recipe on page 110 for mixing. Blend ingredients, pour into buttered mold, cover with waxed paper, set in pan of hot water. Bake. Serve with or without whipped cream. For large mold bake 1 hour.

Watkins Coconut Pudding

Prepare Watkins Coconut Dessert according to directions given on container. Add few drops of Watkins Red Coloring, Watkins Strawberry Flavoring. Serve cold in sherbet glasses with whipped cream.

Chocolate Souffle

6 egg whites
Pinch salt
⅛ teaspoon Watkins Cream of Tartar
¾ cup sugar
2 tablespoons Watkins Cocoa
1 teaspoon Watkins Vanilla

Beat egg whites, salt and Watkins Cream of Tartar until they stand in peak. Fold sugar and Watkins Cocoa which have been blended together into the egg whites, add 1 teaspoon Watkins Vanilla. Bake 45 minutes in 325 degree F. oven. Place the souffle pan in hot water while cooking.

Chocolate Sponge Pudding

6 tablespoons Watkins Cocoa dissolved in little hot water
¼ cup sugar
4 egg yolks
1¾ cups milk
1 tablespoon gelatin
Pinch salt
1 teaspoon Watkins Vanilla
4 egg whites

Dissolve Watkins Cocoa, add half sugar (heat over hot water). Mix rest of sugar with yolks, pour over scalding milk, cook in double boiler. Mix well with Watkins Cocoa, pour over gelatin, stir until smooth. When cold, fold in stiffly beaten whites of eggs. Place in mold; serve with cream.

Chocolate Torte Dessert

3 dozen lady-fingers
6 tablespoons Watkins Cocoa
1 teaspoon Watkins Vanilla
½ cup sugar
½ cup water
5 eggs
A little salt
Whipped cream

Put water, Watkins Cocoa, sugar in double boiler. When lukewarm stir in well-beaten yolks; when mixture thickens remove from fire. When cold add stiffly beaten whites.
Line torte pan with lady fingers, sides and bottom, adding layer of Cocoa mixture, layer of lady-fingers, then cocoa mixture. Chill. Cover with whipped cream before serving.

Watkins Caramel Custard Cake Pudding

5 eggs
1 cup sugar
Rind and juice ½ lemon
½ teaspoon Watkins Cream of Tartar
½ cup pastry flour (sifted)
¼ teaspoon salt

FILLING:
¾ cup granulated sugar
½ cup hot water
1 tablespoon gelatin dissolved in ¼ cup cold milk
1 cup milk
2 tablespoons caramel syrup
3 egg yolks
¼ cup sugar
¼ teaspoon salt
1 cup whipped cream

BUTTER FROSTING:
1 cup butter
2½ cups sifted confectioners' sugar
2 tablespoons caramel syrup
4 tablespoons Watkins Cocoa (dissolved in hot, strong Watkins Coffee)
1 teaspoon Watkins Vanilla

Beat egg yolks lightly, gradually add sugar, fold in half stiffly beaten egg whites. Add flour sifted with salt. Fold in remaining well-beaten egg whites. Bake about 50 minutes in ungreased angel food tin in 350 degree F. oven.

Heat sugar in pan over fire until light brown. Slowly add water as steam will rise. Let boil to smooth syrup. Soften gelatin in cold milk. Scald milk, add to gelatin to dissolve. Add to beaten egg yolks, sugar and salt. Cook in double boiler until mixture will coat spoon. Add dissolved gelatin, cool, fold in whipped cream. Add Watkins Vanilla.

Cut off top of cake, remove part of center of cake. Fill opening with custard, replace top of cake. Cover cake with Butter Frosting.

Blend all ingredients to smooth paste, cover cake. Or sprinkle with powdered sugar or cover with whipped cream.

Cup Custard

3 eggs
1 pint milk, scald
About 1 tablespoon sugar to each egg
Few grains salt
1 teaspoon Watkins Vanilla
Watkins Nutmeg

Beat eggs, add sugar, stir in milk. Blend mixture. Strain into buttered ramekins. Bake in oven in pan of water, do not let water boil. Serve with whipped cream. Sprinkle with Watkins Nutmeg. Bake in 350 degree F. oven 25 to 30 minutes until firm.

Caramel Custard

Follow above recipe, add ¼ cup caramelized sugar syrup to hot milk. Caramel Syrup: 1 cup sugar, ½ cup boiling water. Stir constantly, melt sugar over moderate heat in heavy shallow pan. Slowly stir in water, lift pan from heat. Blend well.

Uncooked Date Dessert (Will Serve 6)

¼ pound Graham crackers, roll
1 cup dates, remove pits, cut in pieces
¼ pound marshmallows (cut)
½ cup walnut meats, cut
½ cup heavy cream, whip
1 teaspoon Watkins Vanilla

Blend one half of the crackers with the dates, nuts and marshmallows and add the cream. Form the mixture into a roll using the remaining crumbs. Chill in the refrigerator and serve with whipped cream.

Date Pudding

3 eggs, beat well
½ cup granulated sugar
1 cup dates, chop
1 cup nuts, cut
1 tablespoon flour
1 teaspoon Watkins Vanilla
⅛ teaspoon salt
1 teaspoon Watkins Baking Powder

Blend all the ingredients, pour into a buttered baking dish and bake 30 minutes in a slow oven. Serve with sweetened whipped cream and a few drops of Watkins Vanilla.

Date Pudding Steamed

2 cups sifted flour
½ teaspoon salt
3 teaspoons Watkins Baking Powder
1 cup finely ground beef suet
½ cup sugar
1 cup milk
1 cup raisins, cut
1 cup stoned, chopped dates
1 teaspoon Watkins Vanilla

Sift the flour, salt and Watkins Baking Powder, add alternately with the milk to the suet, sugar and dates. Blend all ingredients, pour into greased mold and steam 2 hours. Serve with Foamy Sauce (page 127).

Steamed Date Pudding

1 cup ground suet
1 cup raisins, cut
1 cup dates, cut
1 cup brown sugar
1 cup sour milk
2 cups flour (sifted)
½ teaspoon soda
1 teaspoon Watkins Vanilla
Pinch salt
¼ teaspoon Watkins Cinnamon and Watkins Nutmeg
2 teaspoons Watkins Baking Powder

Add sugar to suet, dissolve soda in sour milk. Mix dates, nuts, raisins with little flour. Blend all together, turn into buttered mold, steam 2 hours. Serve with whipped cream or any pudding sauce.

Date Ice Box Pudding

2 cups cut dates
¼ cup cream or fruit juice
2 cups cut marshmallows
1 cup whipped cream
½ teaspoon Watkins Almond Extract
⅛ teaspoon salt
1 scant cup pecan meats, cut
½ pound Graham crackers, crush crackers
1 cup Watkins Shredded Coconut

Blend all the ingredients and form into a loaf. Wrap in waxed paper and chill several hours in the refrigerator. Serve with whipped cream or caramel sauce.

Date Torte Pudding

¼ cup butter
1 cup sugar
3 eggs
¼ cup milk
1 cup flour (sifted)
Few grains salt
2 teaspoons Watkins Baking Powder
1 cup cut dates
1 cup cut nuts
1 teaspoon Watkins Vanilla

Cream the butter, slowly beat in the sugar. Add beaten egg yolks. Rub fruit and nuts with a little flour. Sift dry ingredients, add alternately with the milk. Add fruit and stiffly beaten whites. Bake in 2 buttered and floured 9-inch cake tins in a moderate oven, 350 degrees F., about 35 minutes. When cold put together with custard filling, top with sweetened whipped cream.

CUSTARD FILLING:

1 cup cream, scald
2 tablespoons Watkins Coconut Dessert
2 egg yolks
2 tablespoons sugar
1 teaspoon Watkins Vanilla

Beat egg yolks, stir in sugar and few grains of salt. Add Dessert Powder, stir in hot cream. Stir and cook in double boiler. Remove from fire, cool, add Watkins Vanilla. Spread between layers.

Date Torte (With Orange Sauce)

3 eggs (separate yolks and whites)
1 cup sugar
1 cup dates
¾ cup nut meats
Pinch salt
½ teaspoon Watkins Baking Powder
1 teaspoon Watkins Vanilla

Blend all ingredients.
Bake 30 minutes in moderate oven in shallow pan, cut in squares and serve with the following sauce.

SAUCE:

1 large orange, juice and rind
½ cup sugar
2 tablespoons flour
1 cup whipped cream

Make sauce of these ingredients. Cool. When ready to serve, add whipped cream.

Baked Apple Dumplings

Make recipe for biscuit dough. Roll the dough to ¼ inch thickness and cut into 5 to 6 inch squares. In the center of each square, place a small peeled, cored and cut apple. Add a little sugar, Watkins Cinnamon and a piece of butter and draw dough together.

Moisten edge with water, press edges together, prick dough with fork.

Place dumplings in a buttered baking pan, smooth side up. Place butter on top of each, sprinkle with sugar. Turn in a cup of boiling water. Bake in 350 degree F. oven about 45 minutes. Baste 2 or 3 times while cooking. Serve with hard sauce, foamy sauce or cream.

Boiled Apple or Peach Dumplings

Follow above recipe but place dumpling in a small coarse well floured cloth dipped in hot water. Tie cloth securely, leaving room for dumpling to swell. Place dumpling in boiling salted water and boil 45 minutes. Serve hot with fruit sauce or pudding sauce.

Berry Dumplings

2 cups sifted flour
4 teaspoons Watkins Baking Powder
½ teaspoon salt
1 tablespoon sugar
3 tablespoons shortening
1 cup milk
½ teaspoon Watkins Vanilla
1 cup fruit

Sift together flour, salt and Watkins Baking Powder. Cut in shortening. Stir in milk to make stiff dough. Stir in cup of sweetened fruit and Watkins Vanilla. Drop from tablespoon into rapidly boiling salted water. Cover and cook about 12 minutes. Drain well and serve with your favorite pudding sauce.

To steam dumplings, place on a dinner plate a little smaller than the steamer. Place plate in steamer, steam over boiling water 40 to 50 minutes. Serve on plate in which dumplings were steamed. Serve with Hard Sauce or sweetened cream.

Plain Apple Dumplings

2 cups sifted flour
4 teaspoons Watkins Baking Powder
⅓ teaspoon salt
4 tablespoons shortening, butter preferred
¾ cup milk

Sift the dry ingredients together and rub in the shortening with the tips of the fingers until coarse and flaky. Add the milk and blend thoroughly. Place the dough on a lightly floured bread board, pat to ¼ inch thickness and use a round biscuit cutter. Place in a buttered steamer the cut dough over 1½ quarts of boiling, sweetened applesauce and 1 teaspoon of Watkins Vanilla. Cover the steamer and boil vigorously for 20 minutes. Serve with a pudding hard sauce or with sweetened cream, adding a few drops of Watkins Vanilla.

Floating Island

2 cups milk, scald
⅛ teaspoon salt
3 eggs
¼ cup sugar
½ teaspoon Watkins Vanilla

Beat egg yolks lightly. Add sugar, salt. Stir and slowly add hot milk. Cook in double boiler, stir until mixture thickens. Strain, chill. Add flavoring. Top with spoonfuls of stiffly beaten egg white sweetened with sugar and a few drops of Watkins Vanilla.

Fresh Fruit Cup

2 cups cut pineapple
3 ripe bananas
1 cup cut grapefruit
2 tablespoons lemon juice
1 cup strawberries
Sugar to taste
½ cup Watkins Shredded Coconut
2 tablespoons cooking sherry

Cut fruit, pour lemon juice over bananas, blend all together. Chill.

Fruit Dessert Cream

2 eggs
⅓ cup sugar
1 cup milk, scald
1 tablespoon gelatin
3 tablespoons cold water
½ teaspoon Watkins Vanilla
1 cup chopped canned pineapple (drain)
1 cup ripe strawberries
2 tablespoons lemon juice
½ cup macaroni crumbs

Use rotary beater, beat egg yolks until creamy. Stir in hot milk after adding gelatin dissolved in cold water. Blend mixture. Remove from fire and chill 1 hour. Add fruit and stiffly beaten egg whites and chill until firm. Garnish with ripe strawberries or sliced peaches.

Fruit Pudding

½ cup butter
2 tablespoons granulated sugar
1 cup milk
2 eggs, beaten
¾ cup white raisins
¼ cup citron, cut
2 cups flour (sifted)
3 teaspoons Watkins Baking Powder
½ teaspoon Watkins Vanilla
Watkins Cinnamon
Watkins Nutmeg

Melt butter. Sift the flour and Watkins Baking Powder together. Mix all ingredients in order given. Place in buttered mold, steam 2 hours. Serve hot with sauce.

SAUCE:

½ cup butter
1 cup granulated sugar
4 egg yolks
½ cup cooking sherry
Pinch salt
1 cup cream

Cream butter, beat in sugar, add well-beaten egg yolks and cooking sherry. Heat cream in double boiler, add egg mixture, cook until mixture begins to thicken. Stir.

Steamed Fig Pudding

2 eggs
4 tablespoons melted butter
½ cup brown sugar
½ cup chopped figs
½ cup chopped dates
½ cup chopped nut meats
1 teaspoon grated lemon rind
1 cup flour (sifted)
¼ teaspoon salt
½ teaspoon soda
¼ cup milk
1 teaspoon Watkins Baking Powder

Beat eggs well, dissolve brown sugar in butter, add to eggs, add figs, dates, nutmeats and lemon rind. Sift flour once before measuring then sift with salt and add. Dissolve soda in milk and add last. Fill greased mold or pan two thirds full. Cover with waxed paper and steam in a covered kettle 2 hours. Do not open kettle until through steaming.

Broiled Grapefruit

Cut grapefruit in half, remove seeds, cut around each section leaving membrane in place. Sprinkle with 1 teaspoon of light brown sugar over each half, dot with butter, dash of Watkins Nutmeg. Place under broiler 10 minutes. Serve hot, adding 1 tablespoon of sherry just before serving. Garnish with Maraschino Cherry.

To Caramelize Sugar

Place sugar in frying pan over very low flame, stirring with mixing spoon until sugar melts. Remove caramel immediately from fire. If caramel is to be added to a liquid, slowly add little hot water, place over hot water and stir constantly until smooth.

Watkins Lemon Pudding

1 cup granulated sugar
2 egg yolks
3 tablespoons Watkins Lemon Dessert
1½ cups milk

Meringue:
Whites 2 eggs beaten stiff
3 tablespoons sugar
¼ teaspoon Watkins Lemon

Blend Watkins Lemon Dessert and water. Add beaten egg yolks, sugar and milk, cook in double boiler 15 minutes stirring constantly. Remove from fire, cool. Beat well. Pour into pudding dish, cover with meringue. Brown lightly in oven. Or serve with Watkins Shredded Coconut.

Watkins Steamed Lemon Pudding

2 eggs
2 tablespoons sugar
½ cup butter
1 cup milk
1 cup seedless raisins, cut
1⅞ cups flour (sifted)
⅛ cup Watkins Lemon Dessert
2 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla

Cream butter, add sugar, add well-beaten eggs. Sift dry ingredients, add alternately with the milk. Save a little flour to rub on raisins, add to mixture, then Vanilla. Pour into 8 buttered baking cups and steam 30 minutes. Serve at once with Watkins Lemon Dessert (hot) Sauce. Plump raisins in hot water then dry. Set cups in hot water to bake.

Watkins Lemon Dessert Bread Pudding

3 cups milk
1 cup sugar
2 cups bread crumbs
¼ teaspoon salt
3 large tablespoons Watkins Lemon Dessert
½ cup cold water
2 eggs
¼ cup melted butter
1 teaspoon Watkins Vanilla
1 cup Watkins Shredded Coconut

Blend bread crumbs, salt, milk, well-beaten eggs and sugar. Dissolve Dessert in cold water, add to mixture and blend all ingredients. Pour into buttered pudding dish, place in pan with hot water and bake 50 minutes in moderate oven. Serve with Watkins Lemon Dessert Pudding Sauce. Ten to 12 servings.

Watkins Lemon Dessert Pineapple Pudding

3 cups milk
1 cup sugar
1 egg yolk, well beaten
1 egg white, beat
½ cup cold water
Pinch salt
¾ cup Watkins Lemon or Coconut Dessert
1 teaspoon Watkins Vanilla
No. 2 can grated pineapple

Heat milk in double boiler. Dissolve Dessert in cold water, add sugar, blend milk and Dessert and cook in double boiler to custard consistency. Add beaten egg yolk and beaten white and cook 1 minute longer. Pour into buttered pudding dish after adding grated pineapple, juice and Watkins Vanilla. Sprinkle top with Watkins Shredded Coconut. Ten to 12 servings.

Marshmallow Dessert

1 teaspoon gelatin
3 tablespoons cold milk
½ cup sugar
1 cup heavy cream
½ teaspoon Watkins Vanilla,
Lemon or Almond Extract
1 cup marshmallows cut into small pieces
½ cup blanched almonds, cut

Soften gelatin in milk. Set dish in boiling water, stir to dissolve. Cool. Beat 1 egg white stiff and fold into the whipped cream. Add flavoring. Blend all the ingredients turn into a mold rinsed in cold water. Chill. Serve with sweetened whipped cream adding a few drops of Watkins Vanilla.

Maple Cream Pudding

8 egg yolks
1 tablespoon gelatin
2 tablespoons lemon juice
Few drops Watkins Vanilla
2 cups maple syrup
2 cups whipping cream
2 tablespoons cold water

To well-beaten egg yolks add syrup. Cook in double boiler until mixture thickens. Add lemon juice. Remove from stove, add gelatin which has been soaked in cold water. When cold fold into whipped cream and place in mold. When firm serve with the following sauce.

SAUCE:

4 egg yolks
3 tablespoons maple syrup
2 cups whipped cream
3 to 6 tablespoons sherry

Beat egg yolks, add syrup and sherry and fold in cream.

Maple Charlotte (1)

(Will Serve 10)

1½ tablespoons gelatin
¼ cup cold water
¾ cup boiling water
2 cups heavy cream
6 tablespoons maple syrup
½ cup blanched, sliced almonds
Sponge cake or lady fingers
Few drops of Watkins Vanilla

Soak gelatin in cold water and dissolve in boiling water. Chill until it falls in heavy sheets from spoon. Whip cream until stiff and beat in maple syrup and almonds. Blend well. Line bowl with pieces of sponge cake or lady fingers. Pour in gelatin mixture and chill until firm. Serve with sweetened whipped cream adding a few drops of Watkins Vanilla.

Maple Custard

(Will Serve 4 to 6)

4 egg yolks
¾ cup maple syrup
3 cups milk
½ cup Watkins Shredded Coconut
1 teaspoon Watkins Maple Flavor
4 egg whites
⅛ teaspoon salt

Beat egg yolks, add maple syrup and milk. Add 1 teaspoon Watkins Maple Flavor. Place 4 egg whites and ⅛ teaspoon salt on platter and beat stiff. Fold custard into whites. Fill buttered custard cups. Place in a pan of hot water and bake in moderate oven, 325 degrees F., until firm.

Maple Charlotte (2)

(Will Serve 8)

- 1 pint milk
- 2 egg yolks
- 2 tablespoons gelatin
- 2 tablespoons cold milk
- ⅛ teaspoon salt
- 1 cup maple syrup
- ½ cup blanched almonds or ¾ cup Watkins Shredded Coconut
- ½ teaspoon Watkins Almond Extract
- 2 egg whites

Heat milk in top of double boiler and pour slowly over beaten egg yolks. Return to boiler and cook 5 minutes. Add gelatin softened in 2 tablespoons cold milk for 5 minutes. Add salt. Remove from heat, add 1 cup maple syrup. Let cool and when beginning to set add blanched almonds or Watkins Shredded Coconut and Almond Extract. Fold in stiffly-beaten egg whites. Turn into a cold mold rinsed in cold water, until firm. Serve with sweetened whipped cream adding a few drops Watkins Vanilla.

Maple Frango

- ¾ cup maple syrup
- 3 egg whites
- ½ cup cream, whipped
- 1 teaspoon Watkins Vanilla

Cook maple syrup until it spins a thread. Pour over egg whites beaten stiff and beat until cold. Fold in whipped cream and Watkins Vanilla. Freeze in electric refrigerator. Stir occasionally.

Maple Ring Dessert

MAPLE ICING:

- 2 cups powdered sugar
- 3 tablespoons cream
- 3 tablespoons strong coffee
- 1 tablespoon melted butter
- Few drops Watkins Maple Flavor

Bake a sponge cake in a ring mold. Spread with maple icing and fill with Bavarian Cream. Garnish with fresh berries.

Sift powdered sugar. Stirring constantly, slowly add cream, coffee, butter and Maple Flavor. A little more cream may be needed to make icing spread.

Nabisco Torte

- 1 pound vanilla Nabisco
- ½ cup butter
- 1 cup powdered sugar
- 2 eggs
- 1½ cups whipping cream, apricots and pineapple

Crumb Nabisco, use one half for first layer in deep square cake tin. Cream butter and powdered sugar, add beaten egg yolks. Beat well. Fold in beaten whites of eggs. Spread over layer of Nabisco crumbs. Arrange fruit (canned) over mixture. Then cover with whipped cream. Finally top layer with Nabisco crumbs. Keep in ice box overnight not in freezing unit.

Nut Torte

4 egg yolks
1 cup granulated sugar
⅓ cup cracker crumbs
⅓ cup walnut meats, cut
1 cup chopped dates
1 teaspoon Watkins Baking Powder
1 teaspoon Watkins Vanilla
4 egg whites, beaten stiff
½ cup Watkins Shredded Coconut
Pinch salt

Mix all ingredients, beaten egg whites last. Bake in 325 degree F. oven about 30 minutes, serve with whipped cream. 1 cup figs, cut fine may be added.

Orange Souffle

4 egg whites, beaten stiff
2 tablespoons orange marmalade
4 tablespoons sugar
½ teaspoon Watkins Orange Extract

Blend all the ingredients, pour into a well buttered double boiler (butter top of lid) and steam at least 45 minutes. Serve immediately with the following sauce.

Orange Pudding Sauce

2 egg yolks, beaten well
¾ cup sugar
1 cup whipped cream
⅓ teaspoon Watkins Orange Extract
2 tablespoons sherry

Blend all the ingredients in order given. Prepare just before serving.

Peach Cobbler

6 peach halves
¼ cup butter
1 cup sugar
1 cup milk
2 eggs
1 cup flour (sifted)
2 teaspoons Watkins Baking Powder
½ teaspoon salt
½ teaspoon Watkins Cinnamon or Nutmeg

Place peaches in buttered dish, cover with one half of sugar. Make batter of remaining ingredients, cover peaches, bake in 375 degree F. oven, 30 minutes. Serve with cream. Or follow recipe for Apple Dumplings.

Peach Dessert

4 choice ripe apples
1 can peaches
¾ cup dry macaroon crumbs
1 tablespoon butter
¾ cup sliced blanched almonds
1 teaspoon Watkins Lemon
¼ teaspoon Watkins Cinnamon or Nutmeg

Pare apples, slice, cook in juice from canned peaches. When apples are tender, add peaches, cook until soft. Cool, press through colander, add butter. Arrange in layers in buttered baking dish using layer of fruit, crumbs, and almonds. Bake, place dish in little hot water. If not sweet enough add little sugar. Whipped cream.

Pear Dessert

1 egg
2 tablespoons butter, melted
2 cups powdered sugar
½ teaspoon Watkins Cocoa
1 cup whipping cream
¼ teaspoon Watkins Vanilla

Take ripe fresh pears, peel, cut in half, remove core. Fill center with Watkins Cocoa, replace pear. Cover with sauce, serve immediately.

SAUCE:
Beat egg well, add sugar, melted butter, blend together. Place in ice box to thoroughly chill. Before serving fold in whipped cream and flavoring.

Pineapple Coconut

1 can grated pineapple (drain)
3 cups milk
1 cup sugar
1 egg yolk
1 egg white
¾ cup Watkins Coconut Dessert
Pinch salt
1 teaspoon Watkins Vanilla

Put milk, sugar and salt in saucepan, let come to boil. Mix Watkins Dessert with milk thin enough to pour, stir into hot milk, cook until thick. Add well-beaten egg yolk, lastly beaten egg white, Watkins Vanilla, cook minute longer. Chill. Pour into individual dishes, add grated pineapple, serve with whipped cream. Sprinkle top with Watkins Shredded Coconut.

Steamed Pudding (Fruit)

2 eggs
4 teaspoons melted butter
½ cup brown sugar
½ cup chopped figs
½ cup chopped dates
½ cup chopped walnuts
¼ teaspoon salt
1 teaspoon grated lemon rind
1 tablespoon Watkins Vanilla
1 cup flour, sift before measuring
½ teaspoon soda dissolved in little hot water add last, ¼ cup milk

Cream butter and sugar, add well-beaten eggs, then chopped fruit, blended with little flour. Butter mold, fill two thirds full. Cover with waxed paper, steam 1½ hours. Serve with Watkins Foamy Pudding sauce.

Watkins Steamed Raisin Puffs

2 eggs
2 tablespoons sugar
½ cup butter
1 cup milk
1 cup cut raisins
2 cups flour (sifted)
2 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla

Blend all ingredients. Pour into 8 buttered baking cups, steam 30 minutes. Serve with Foamy Pudding sauce, Watkins Vanilla.

Watkins Choice Plum Pudding

½ pound beef suet, grind
4 tablespoons flour
½ pound seedless raisins
2 ounces sun-dried lemon peel
1 small teaspoon Watkins Nutmeg
1 teaspoon Watkins Cinnamon
1 teaspoon Watkins Allspice
½ pound bread crumbs (dry)
2 ounces citron
¼ pound bleached raisins
¼ pound currants (white)
2 ounces chopped almonds
1 small carrot, grated
¼ pound chopped figs
¼ pound chopped dates
4 eggs, well beaten
Pinch salt
½ cup milk
½ cup brandy
1 tablespoon Watkins Vanilla

Skin, grind suet. Clean fruit, chop raisins, currants, figs and dates, blend with flour. Peel, chop lemon rind. Put all ingredients into bowl, mix well. Add milk, beat in eggs one at a time. Add Watkins flavoring. Mix thoroughly.

Put mixture in baking powder tins about three fourths full, cover with piece wax paper before putting on cover. Tie cover down. Steam 6 to 8 hours. Serve hot. Pudding may be kept a long time and re-steamed before using.

Dip food chopper into boiling water and suet will separate quickly. Serve hot with Watkins Foamy Sauce. Butter pudding tins and lightly flour.

Simple Plum Pudding

1 cup flour (sifted)
⅓ cup ground suet
2 eggs slightly beaten
½ cup milk
½ cup cut raisins
½ cup cut currants
⅓ cup molasses
¼ teaspoon Watkins Cinnamon
¼ teaspoon Watkins Ginger
¼ teaspoon Watkins Nutmeg
½ teaspoon salt
½ cup chopped citron
1 teaspoon Watkins Baking Powder
1 teaspoon Watkins Vanilla

Blend entire mixture. Mix, sift together all dry ingredients, add citron, currants, raisins, suet, mixed with little flour. Add beaten eggs, flavoring, beat thoroughly. Pour into well-greased mold, and steam 3 hours. Serve with Foamy Pudding Sauce.

See directions above.

Steamed Puff Pudding

1 egg
1½ tablespoons sugar
1½ tablespoons butter, melted over hot water
1 cup flour (sifted)
1 teaspoon Baking Powder
½ cup milk
½ cup Watkins Shredded Coconut
¼ cup raisins mix with little flour
Pinch salt
½ teaspoon Watkins Vanilla

Blend ingredients as for any pudding. Use small buttered baking cups, steam 20 minutes. Serve hot with pudding sauce or sweetened whipped cream.

Prune Whip

1 cup mashed prunes
Mash with fork
Add pinch salt
½ cup walnuts
3 whites of eggs, beaten stiff
¼ teaspoon Watkins Vanilla
3 tablespoons sugar

Cook prunes, cool, mash. Mix all thoroughly, put in buttered baking dish, set in pan with hot water, bake about 15 minutes, 350 degree F. oven. Serve with whipped cream. Nuts may be added.

Watkins Quick Pudding

3 rounded tablespoons Watkins Dessert
1¼ cups sugar
2 cups milk
1 teaspoon butter
Vanilla Wafers
Fruit or
Watkins Shredded Coconut

Mix Dessert, sugar and milk, cook until thick, about 3 minutes. Cover bottom of dish with Vanilla Wafers; add layers of fruit or Watkins Shredded Coconut until dish is filled. These combinations are most satisfactory: Use Watkins Coconut Dessert and Shredded Coconut. Use Watkins Lemon Dessert and bananas, strawberries or pineapple. Use Watkins Chocolate Dessert, fruit, or Shredded Coconut.

Butterscotch Rice Dessert

2 cups cooked rice
1 cup light brown sugar
⅓ teaspoon salt
1 tablespoon gelatin dissolved in ¼ cup cold milk
1½ cups hot milk
2 tablespoons butter, melt
1 cup whipped cream
1 cup cut nut meats
1 teaspoon Watkins Vanilla

Dissolve the gelatin in the cold milk and stir into the hot milk. Add cooked rice, sugar, butter and salt. Add flavoring. When cold fold in the whipped cream and nuts. Pour into a mold dipped in cold water and chill. Serve with Butterscotch Pudding Sauce.

Cocoa Rice Pudding

2 cups milk
½ cup granulated sugar
3 to 4 tablespoons Watkins Cocoa
½ teaspoon salt
2 cups cooked rice
½ teaspoon Watkins Vanilla

Heat the milk in a double boiler. Blend the sugar, Cocoa and salt and stir with the rice into the hot milk. Cook until the mixture thickens. Remove from the fire. Cool. Add Vanilla. Serve hot or cold.

Watkins Coffee Souffle

⅔ cup sugar
1½ cups Watkins hot Coffee
½ cup milk
½ teaspoon salt
3 eggs, separate and beat
½ teaspoon Watkins Vanilla
1 tablespoon granulated gelatin
Pinch salt

Soak gelatin in little cold water. Dissolve gelatin in little Watkins hot Coffee. Add one half of sugar, egg yolks. Cook in double boiler. Add Watkins Vanilla, sugar, beat slightly. Cook like custard. Cool. Add beaten egg whites. Chill.

Rice Pudding

FIRST PART
1 cup rice
Quart boiling water
Little salt

SECOND PART
2 cups milk
2 eggs beaten
1 teaspoon Watkins Vanilla
Sugar to taste
Watkins Nutmeg

Wash rice thoroughly in cold water, stir rice while adding to boiling water, cook until done about 20 minutes. Drain well. Put rice in strainer, pour cold water over rice, drain well. Mix second part, add rice, put into buttered baking dish, set in pan with little hot water. Bake in moderate oven.

Rice Pudding in Mold

1 cup rice
2 cups boiling water
1 cup milk
Pinch salt
½ cup sugar
½ pint whipped cream
1 teaspoon Watkins Vanilla
¾ cup Watkins Shredded Coconut

Slowly stir rice in boiling water, later add milk, cook in double boiler until done. Drain, when cool, put through ricer. Add sugar, flavoring, fold in whipped cream. Turn into mold, let stand several hours or overnight.

MAPLE SAUCE:
1½ cups maple syrup
¼ teaspoon Watkins Vanilla

Cook until slightly thickened, add 2 tablespoons butter, Watkins Vanilla. Beat until smooth, serve with Rice Pudding.

Charlotte Russe

1 cup powdered sugar
1 cup whipping cream
1 tablespoon gelatin
½ cup dry macaroon crumbs
1 cup top milk
1 cup chopped blanched almonds
½ teaspoon Watkins Vanilla
1 tablespoon cooking sherry
Sponge Cake

Soak gelatin in 3 tablespoons cold milk, later add to scalded milk taken from fire. Let cool. Whip cream, add sugar, mix well, then macaroon crumbs, flavoring. Pour into buttered pudding mold lined with thin layer of sponge cake. Place in refrigerator. Add whipped cream.

Strawberry Bavarian

1 tablespoon granulated gelatin
1 cup fresh strawberry juice and pulp
½ cup sugar
1½ cups heavy cream
¼ teaspoon salt
1 tablespoon lemon juice

Pour cold water in bowl, sprinkle gelatin on top of water. Place bowl in boiling water, stir until gelatin is dissolved. Add fruit juice mixed with lemon juice and sugar, stir until dissolved. Cool, when mixture begins to thicken, fold in whipped cream. Turn into mold, rinsed in cold water, chill until firm. Unmold. (If canned fruit is used, less sugar is required.)

Strawberry Tarts

6 individual pie shells, baked
1½ cups ripe strawberries
1 cup sugar
1 cup water
4 tablespoons red currant jelly
1 tablespoon cornstarch

Make a rich pie dough, see pastry. Chill. Roll ¼ inch thick and cover inverted muffin tins. Prick several times with fork. Bake in 450 degree F. oven 12 to 15 minutes. Remove from tins. Cool. Boil sugar and water 3 minutes. Add currant jelly, add cornstarch dissolved in a little cold water. Stir constantly to boiling point. Then cook mixture over boiling water until it thickens. Cool. Fill pastry shells two thirds full of sweetened ripe berries, or cook berries in the hot syrup until tender then remove berries and cool. Cover berries with cold syrup and chill.

Suet Pudding

3 cups bread crumbs, dry and fine
1 cup granulated sugar
1 cup suet, ground
2 cups seedless raisins
½ teaspoon Watkins Cloves
½ teaspoon salt
¼ teaspoon Watkins Nutmeg
1 teaspoon Watkins Cinnamon
1 cup sour milk or cream
2 eggs, well beaten
1 teaspoon Watkins Vanilla
1 level teaspoon soda dissolved in little hot water

Blend bread crumbs, suet, raisins, sugar together, add Watkins Cinnamon, eggs, cream, then soda and Watkins Vanilla. Mix thoroughly, pour into well-greased mold. Use waxed paper and tight cover, steam 3 to 4 hours. Serve hot. Watkins Foamy Pudding Sauce. Will make 2 quart mold. Plump raisins in hot water, drain, dry, cut.

Surprise Dessert

1 tablespoon gelatin
¼ cup orange juice
¾ cup sugar
½ cup crushed pineapple
½ cup Watkins Shredded Coconut
1 cup fresh strawberries
1 cup heavy cream
¼ cup orange cubes
¼ cup sliced bananas
¼ cup blanched almonds
1 teaspoon Watkins Vanilla

Dissolve gelatin in orange juice over hot water. Mix with sugar, cool, add well-drained crushed pineapple, strawberries, orange cubes, sliced bananas cut fine, chopped almonds and flavoring. When mixture begins to thicken fold in 1 cup heavy cream, beaten stiff. Place mixture in hollowed out sponge cake, set in refrigerator to form. Before serving, cover cake with sweetened whipped cream, and little Watkins Vanilla.

Pudding Sauces

Watkins Almond Sauce

½ cup butter
¼ cup light brown sugar
2 egg yolks
Cup whipping cream
1 teaspoon Watkins Almond Extract

Cream butter, add sugar. Put in double boiler, add beaten eggs. Stir until boiling point. When cold fold in whipped cream and flavoring.

French Apricot Sauce

1 cup water
½ cup sugar
Watkins Lemon Extract
Little Orange Marmalade
Canned Apricots

Cook canned apricots in sugar and water syrup, the proportion ½ cup sugar to 1 cup water. Cook the apricots until soft and put through a sieve. Add the apricot mixture to the sugar syrup and cook until mixture thickens. Remove from the fire, add a little Watkins Lemon Extract and a little orange marmalade. This is delicious to serve with a rice pudding.

Butterscotch Sauce

1¼ cups light brown sugar
⅔ cup light corn syrup
Few grains salt
4 tablespoons butter
¾ cup cream
1 teaspoon Watkins Vanilla

Cook the sugar, syrup and butter together until mixture forms a soft ball when tested in cold water. Remove from fire, slowly stir in the cream and beat constantly. Add Watkins Vanilla. ½ cup cut nut meats may be added.

Cherry Sauce

2 tablespoons sugar
1 tablespoon cornstarch
¾ cup canned cherry juice

Make a rather thick syrup of juice from canned cherries. Blend sugar and cornstarch, stir in cherry juice, stir and cook until mixture thickens. Add 2 tablespoons red currant jelly and cook over hot water 20 minutes.

Butterscotch Sauce

1 cup sugar
1 cup light corn syrup
3 tablespoons butter
½ cup cream
½ teaspoon Watkins Vanilla or Lemon Extract

Blend all ingredients. Cook in double boiler. Add flavoring.

Custard Sauce

1 cup sugar
Yolk 1 egg
1 pint cream
Watkins Vanilla or Lemon Extract

Cook in double boiler like custard. Flavor with Watkins Vanilla or Lemon.

Cream Sauce for Pudding

1 tablespoon butter
1 cup powdered sugar
½ cup whipping cream
1 egg
½ teaspoon Watkins Vanilla
Little cooking sherry if desired

Cream butter, slowly add sugar, then beaten egg. Add whipped cream and Watkins Vanilla before serving.

Watkins Chocolate Sauce (Hot)

1 cup sugar
Pinch salt
4 tablespoons Watkins Cocoa
2 tablespoons corn syrup
2 tablespoons butter
½ cup boiling water
1 teaspoon Watkins Vanilla

Mix sugar, Watkins Cocoa. Add boiling water, stirring constantly. Cook 5 minutes until slightly thickened. Remove from fire. Add butter, stir until mixture is well blended. Add Watkins Vanilla and salt. Beat. Serve.

Chocolate Sauce

1½ cups sugar
3 tablespoons Watkins Cocoa
1 tablespoon butter
Few grains salt
⅓ cup hot water
¾ cup cream
1 teaspoon Watkins Vanilla

Blend Watkins Cocoa, salt, sugar and dissolve in the hot water. Add cream and cook the mixture 10 minutes. Remove from fire, add butter and Watkins Vanilla. This sauce will keep in refrigerator.

Cinnamon Pudding Sauce

⅓ cup butter
2 cups sifted confectioners' sugar
⅓ cup light corn syrup
¾ teaspoon Watkins Cinnamon

Cream the butter thoroughly, slowly beat in the sugar and Watkins Cinnamon blended together, adding a little of the corn syrup while beating in the sugar. Beat well, and chill before serving.

Coconut Sauce

½ cup sugar
2 tablespoons light brown sugar
1 tablespoon cornstarch
⅛ teaspoon salt
1 cup boiling water
2 tablespoons butter
½ cup Watkins Shredded Coconut
½ teaspoon Watkins Lemon or Vanilla Extract

Blend the sugar, cornstarch and salt. Stir into the boiling water, stir constantly and cook until smooth and mixture thickens, about 15 minutes. Remove from fire, add butter, Watkins Shredded Coconut and flavoring.

Watkins Foamy Pudding Sauce

1 tablespoon butter
1 cup powdered sugar, sift
1 egg
1 teaspoon Watkins Vanilla
½ cup whipping cream

Cream butter thoroughly. Slowly beat in the sugar. Stir in beaten egg yolk. Add stiffly beaten egg white, Watkins Vanilla, and whipped cream just before serving. One tablespoon of brandy may be added if desired or 2 tablespoons of chopped candied ginger.

French Fruit Dessert Sauce

½ cup sugar
1 cup water
Little lemon juice
Watkins Red Color Mixture
Watkins Lemon Extract

To the proportion of ½ cup of sugar to 1 cup of water. Cook the blended sugar and water together 10 minutes. Add the fruit, cook slowly, covered, until fruit is tender. Remove the fruit carefully to keep the shape. Then cook the syrup until the mixture thickens, then pour over the fruit.
For pears a little lemon juice added to syrup will keep fruit white or use Watkins Red Color Mixture.
For apples, use Watkins Red Color. Serve baked apples around roast pork or duck. A little currant jelly added to apples and pears will give a delicious flavor. Watkins Lemon Extract will bring out the flavor of the fruit.

Watkins Fudge Sauce

½ cup light corn syrup
2 cups sugar
⅛ teaspoon Watkins Cream of Tartar
½ cup Watkins Cocoa
½ cup top milk
2 tablespoons butter
1 teaspoon Watkins Vanilla

Mix sugar and Watkins Cocoa, add milk, cook 8 to 10 minutes. Remove from fire, add butter and Watkins Vanilla. Beat.

Cocoa Fudge Sauce

¾ cup sugar
½ cup white corn syrup
1 cup Watkins Cocoa
⅓ teaspoon salt
1 tablespoon cornstarch
½ cup milk
2 tablespoons butter
2 teaspoons Watkins Vanilla

Blend together dry ingredients. Stir in milk, syrup and mix well. Cook over rapidly boiling water 20 minutes and stir occasionally until mixture thickens. Cool. Stir in butter. Add Watkins Vanilla.

Ginger Sauce

For Rice or Bread Pudding
4 tablespoons butter
⅓ cup sugar
1 tablespoon ginger syrup
⅓ teaspoon salt
2 eggs
½ cup milk
3 tablespoons finely cut preserved ginger
Watkins Lemon Extract

Cream butter in top of double boiler. Add sugar, mix well. Add salt, egg yolks, ginger, and ginger syrup. Set pan over boiling water. As mixture becomes warm add milk, stir constantly until thick. Remove from fire, add lemon. Before serving add stiffly beaten whites of eggs.

Hard Sauce (For Steamed Pudding)

1 well-beaten egg
2 tablespoons melted butter
1 cup whipping cream
2 cups confectioners' sugar
1 teaspoon Watkins Vanilla

Add sugar, little at a time to the egg, put in the butter then add rest of sugar gradually. Measure 1 cup of whipping cream, whip and fold in, then add flavoring.

Pudding Sauces

HARD SAUCE:

¾ cup butter
1 cup powdered sugar (sifted)
1 teaspoon Watkins Vanilla
Watkins Nutmeg

Cream butter, add sugar, beat well. Add Watkins Vanilla. Pack smoothly in small dish, add Watkins Nutmeg.
Chill until ready to serve.

LEMON SAUCE: (serve hot):

1 pint boiling water
1 cup sugar
½ cup butter
2 tablespoons flour
Grated rind 1 lemon
Juice of 2 lemons and 1 orange
Watkins Nutmeg

Melt butter, blend in flour, then sugar, add boiling water slowly, then lemon. Cook in double boiler, stir until mixture thickens.

Watkins Lemon Pudding Sauce

1 cup sugar
1 cup boiling water
1 tablespoon cornstarch
1 teaspoon Watkins Lemon Extract
1 egg

Dissolve cornstarch in little cold water. Add sugar to beaten egg, add cornstarch, stir in boiling water. Add flavoring. Cook in double boiler to right consistency, and stir mixture.

Watkins Hot Maple Sauce

½ cup butter
1 cup granulated sugar
4 egg yolks
1 cup cream
1 teaspoon Watkins Maple Flavoring

Cream butter and sugar, add egg yolks one at a time and beat. Heat cream in double boiler, pour over egg mixture. Return to double boiler cook until thick. Add flavoring and beat.

Maple Sauce

For Puddings or Ice Cream
2 cups maple syrup
½ cup cream
¼ cup water
Watkins Vanilla or Maple Flavoring

Boil maple syrup, cream and water together until mixture threads when tested with fork. Add chopped nuts after removing from stove. Serve while hot. Sufficient for 8. Use Watkins Maple Flavoring or Vanilla.

Maple Whipped Cream Pudding Sauce

Fold 2 tablespoons maple syrup or ¼ cup maple sugar blended into ½ cup whipped cream with ¼ teaspoon Watkins Vanilla.

Maple Nut Hard Sauce

¾ cup maple syrup
2 tablespoons butter
¼ teaspoon Watkins Vanilla
½ cup nut meats, cut

Cook syrup and butter to soft ball when tested in cold water. Remove from fire, add Watkins Vanilla and nuts. Serve hot or cold on ice cream or pudding.

Marshmallow Sauce

1 cup confectioners' sugar
¼ cup boiling water
¼ pound marshmallows
1 teaspoon Watkins Vanilla

Cut marshmallows, melt in top of double boiler. Stir sugar into boiling water then add to marshmallows. Stir well. Remove from fire. Cool, add Watkins Vanilla.

Vanilla Sauce (Hot)

Two cups brown sugar, 1 egg, 2 tablespoons flour, 2 tablespoons butter, 3 cups boiling water. Blend and let boil. Remove from fire, add Watkins Vanilla.

Nutmeg Sauce for Pudding

1 cup milk, scald
¼ cup sugar
1 tablespoon cornstarch
Few grains salt
1 tablespoon butter
¼ teaspoon Watkins Nutmeg
½ cup thick cream

Blend the sugar, cornstarch and salt, stir into the hot milk, stir constantly in double boiler until mixture thickens. Add the butter, Watkins Nutmeg and cream. Remove from fire at once. Beat well and serve hot or cold.

Nutmeg Sauce

2 eggs
4 tablespoons sugar
Few grains salt
1½ cups milk, hot
½ teaspoon Watkins Vanilla
Watkins Nutmeg

Beat eggs, add sugar and salt. Stir in hot milk and cook in top of double boiler. Stir until mixture coats a spoon. Remove from fire, add flavoring and Watkins Nutmeg. Chill.

French Orange Fruit Sauce

Watkins Lemon and Orange Extracts

Put orange marmalade through a sieve, add one third of the amount of apricot sauce, add a little Watkins Lemon and Orange Extract. The French add a little curacao.

Watkins Peppermint Sauce

½ cup sugar
¼ cup water
¾ cup marshmallows, cut fine
1 egg white, stiffly beaten
Few drops Watkins Green Color Mixture
⅓ teaspoon Watkins Peppermint Extract

Cook the sugar and water to a syrup, less than for thread stage. Shut off heat. Press marshmallows under syrup until melted. Pour syrup into stiffly-beaten egg white and whip briskly. Add flavoring and enough color mixture to make a delicate green. If mixture becomes too thick add a little hot water and beat.

Watkins Pineapple Sauce

1 cup water
1 cup granulated sugar
⅓ cup cream
3 egg yolks, beat
Pinch salt
½ teaspoon Watkins Pineapple Flavor
½ teaspoon Watkins Lemon

Boil sugar and water 10 minutes. Cool. Add remaining ingredients blending well, cook in double boiler until creamy. Cool. Add flavoring.

Raisin Sauce

⅓ cup seedless raisins
1½ cups cold water
¼ cup sugar
1 teaspoon flour
2 tablespoons butter
1 teaspoon Watkins Lemon
Few grains salt

Cut raisins fine, wash well. Cook raisins, sugar and water until mixture thickens, about 15 minutes. Blend flour and butter slowly stir in the raisin mixture. Stir mixture and heat to boiling point. Cool. Cook mixture slowly.

Watkins Pudding Sauce

Mix Watkins Dessert according to recipe on container, adding twice as much milk as recipe calls for and one fourth more sugar, add 1 teaspoon Watkins Flavoring. Used over bread pudding, rice pudding, etc., gives a delightful taste and flavor.

Watkins Spicy Vanilla Sauce

1 cup sugar
¼ teaspoon Watkins Nutmeg or Cinnamon
⅛ teaspoon Watkins Allspice
1 tablespoon flour
1 cup water
2 tablespoons butter or more
1 teaspoon Watkins Vanilla

Mix dry ingredients, rub in butter. Add boiling water. Cook until mixture thickens. Cool. Add Watkins Vanilla.

Raspberry or Strawberry Sauce

Watkins Lemon Extract

Melt raspberry jelly over hot water. Add a little arrowroot to thicken, flavor with Watkins Lemon Extract or add a little Kirsch.

Raspberry Melba Sauce

1 cup pulp and juice of berries
½ cup currant jelly
½ cup sugar
½ tablespoon cornstarch
1 tablespoon cold water
½ teaspoon Watkins Lemon Extract

Blend and heat jelly, juice, pulp, sugar to boiling point. Add cornstarch mixed with cold water. Simmer and stir until mixture thickens. Add lemon and strain. Cool.

Sherry Pudding Sauce

6 egg yolks
1 pint milk
¼ cup granulated sugar
½ pint heavy cream whipped
½ teaspoon Watkins Vanilla
3 tablespoons cooking sherry
⅛ teaspoon salt

Put milk in a double boiler and scald. Cool. Beat egg yolks. Add sugar and salt. Slowly pour milk into the egg mixture, then place in the double boiler. Cook until the mixture coats a spoon. Add Watkins Vanilla, cream and sherry when cold.

Watkins Vanilla Cream Sauce

1 egg
2 tablespoons butter
2 cups powdered sugar
1 cup whipped cream
¼ teaspoon Watkins Cinnamon or Watkins Nutmeg
1 teaspoon Watkins Vanilla

Beat egg yolk, add melted butter, then sugar, blend well. Fold in cream and flavoring after adding stiffly beaten egg white.

Cakes and Frosting

Suggestions for Cakes and Frostings

1. Use standard measuring cup. Measure ingredients before beginning to mix cake.
2. It is recommended that cake flour and fine granulated sugar be used.
3. Sift all flour before measuring. Use a tablespoon to fill cup. If flour is damp, sift the flour four times before the open door of a warm oven, then cool before using. Keep flour in a dry, cool place.
4. All ingredients should be strictly fresh and of the best quality. Butter, eggs and milk should be at room temperature. In measuring butter or other shortening, pack the spoon or cup closely. For finest flavor, use butter.
5. Prepare cake pans before mixing cake. Cake pans should be greased with unsalted fat. **Do not grease tins for Angel Food or Sponge Cakes.**
6. Sift together the dry ingredients.
7. Light oven, set regulator according to directions given in recipe.
8. Cream butter thoroughly by beating with a wooden spoon until soft and creamy. Slowly beat in the sugar, adding 2 tablespoons at a time; mix well.
9. Beat egg yolks using rotary beater, until thick. Add to the sugar mixture, beating briskly. Add flavoring.
10. Add sifted dry ingredients (sifted three times to incorporate air), alternately with the liquid. Add flour first and last, one fourth of the amount at a time. Blend thoroughly.
11. Fold in stiffly beaten egg whites, beaten stiff, but not dry.
12. Spread cake batter evenly in buttered, lightly floured cake tins.
13. Follow directions in recipe for baking. Use a wire cake tester.
14. Butter cakes after removing from oven, should stand 5 minutes before disturbing.
15. Angel Food and Sponge Cakes should be placed over a funnel until cold.
16. It is advisable to cool all cakes on a wire rack, the air circulates under the cake preventing sogginess.
17. It is recommended to frost layer cakes when they are entirely cool.
18. **In extreme high altitudes,** 7000 feet and up, reduce sugar, shortening and baking powder. Use more flour and eggs in order to meet the decreases in atmospheric pressure.

Increase liquids in baking recipes 1 to 2 tablespoons for each cup, over 2500 feet.

Decrease shortening and sugar 1 tablespoon per cup for each 2500 feet.

Longer time is necessary for cooking candy and frosting in high altitudes.

Almond Cake

6 egg yolks
6 tablespoons sugar
10 tablespoons ground almonds
6 egg whites
3 crackers, rolled fine
1 teaspoon (scant) Watkins Baking Powder
1 teaspoon Watkins Vanilla or Almond Extract

Beat egg yolks, stir in sugar, beat, add remaining ingredients, fold in stiffly beaten whites. Bake in 2 layers. When cold cover with Watkins Coconut Dessert filling or whipped cream. Sprinkle with sliced blanched almonds.

Angel Food Cake

1 rounding cup cake flour, sift 6 times
1½ cups granulated sugar, sift 6 times
2 cups egg whites (at room temperature)
⅛ teaspoon salt
1 teaspoon Watkins Cream of Tartar
1 teaspoon Watkins Vanilla
½ teaspoon Watkins Almond

Sift cake flour 6 times, lift sifter to incorporate air. Beat eggs after adding salt, use wire beater. When foamy, add Watkins Cream of Tartar and light oven. Set regulator at 350 degrees F. Beat eggs stiff. Slowly fold in sugar, 2 tablespoons at a time, fold gently. Add Watkins Vanilla. With sifter, add little flour at a time, fold lightly. Add 2 tablespoons cold water. Rinse cake tin with cold water, drain well. Add mixture, bake 50 to 55 minutes in 350 degree F. oven. Invert cake tin 1 to 2 hours until cold.
For a small Angel Food Cake, reduce above recipe one half. Use a 9-inch ungreased tube cake tin, bake 35 minutes in a 350 degree F. oven.

FROSTING:
½ cup water
2 cups granulated sugar
2 egg whites
Pinch salt
½ teaspoon Watkins Vanilla

Boil sugar, water until it threads from fork. Slowly add syrup to beaten egg whites, stirring constantly. Add ½ teaspoon Watkins Vanilla. Beat well. Cover frosting with Watkins Shredded Coconut.

Angel Puff

12 egg whites, beaten stiff
2 cups sugar, added gradually
⅛ teaspoon salt
1 teaspoon Watkins Vanilla or Almond

Put in two round ungreased layers and bake 1 hour in slow oven. Use whipped cream, flavored, between and in a thin layer to cover. Chopped nuts may be added. Use 10-inch round tins, preferably the kind with attached knife to loosen the cake.
Garnish with ripe strawberries.

Apple Sauce Cake

- 1¾ cups sifted cake flour
- ½ teaspoon soda dissolved in hot applesauce
- ¼ teaspoon salt
- ½ teaspoon Watkins Cinnamon
- ½ teaspoon Watkins Cloves
- ½ cup butter
- 1 cup sugar
- 2 eggs
- ½ cup raisins
- ½ cup nuts
- 1 cup hot applesauce unsweetened
- 1 teaspoon Watkins Vanilla
- 1 teaspoon Watkins Baking Powder

Cream butter, add sugar, blend well. Add beaten eggs, applesauce. Rub raisins with little flour, add remaining ingredients. Bake about 1 hour in 325 degrees F. oven.

Banana Whipped Cream Cake

Bake any favorite two layer white cake. Spread bottom layer with sweetened whipped cream, adding little Watkins Vanilla, cover with sliced ripe bananas. Add second cake layer, cover with whipped cream and bananas. Must be used day prepared. Recommend using Watkins Dessert and sliced bananas.

To make whipped cream last longer, soak 1 teaspoon gelatin in 1 tablespoon cold water, stir and dissolve over hot water. Cool. Stir into 1 pint whipped cream, add sugar, few drops Watkins Vanilla.

Blackberry or Raspberry Jam Cake

- ⅔ cup butter
- 1 cup jam (without seeds)
- 1 cup sour milk
- 1 teaspoon soda
- 1½ cups sugar
- 2 teaspoons Watkins Baking Powder
- ½ teaspoon Watkins Cloves
- 1 teaspoon Watkins Cinnamon
- 3 eggs, beaten
- 3 cups pastry flour (sifted)
- 1 teaspoon Watkins Vanilla
- ⅓ teaspoon salt

Cream butter and sugar. Add jam to egg yolks, mix together, add butter and sugar. Add sifted dry ingredients alternately with sour milk. Fold in beaten egg whites, Watkins Vanilla and bake in 3 paper lined layer cake pans in moderate, 350 degree F. oven. Use boiled frosting for filling and top of cake.

Plain Butter Cake

½ cup shortening (butter)
1 cup sugar
2 eggs
⅔ cup milk
2 cups flour (sifted)
3 teaspoons Watkins Baking Powder
¼ teaspoon salt
1 teaspoon Watkins Vanilla

Cream shortening, add sugar gradually, blend thoroughly. Beat eggs well, add to first mixture. Mix, sift flour, salt and Watkins Baking Powder, combine alternately with milk. Lastly, add Watkins Vanilla. Bake in buttered layer tins, 25 minutes, 375 degree F. oven.

Chocolate Angel Food Cake

2 cups egg whites
1½ cups well-sifted granulated sugar
¼ teaspoon salt
¼ cup Watkins Cocoa
1 teaspoon Watkins Cream of Tartar
¾ cup sifted cake flour
1 teaspoon Watkins Vanilla

For small cake use one half of recipe. Bake in 9-inch ungreased tube cake tin, about 35 minutes, 350 degrees F.

Prepare flour before beating egg whites. Sift flour several times, sift Watkins Cocoa several times, combine the two, sift three times. Beat egg whites on large platter with flat wire beater. Add salt, Watkins Cream of Tartar, continue beating until egg whites are stiff, but not dry. Fold in sifted sugar, Watkins Vanilla, then flour. Fold carefully into ungreased angel food tin, bake in moderate oven 50 to 55 minutes. Remove from oven, invert pan until cake is cold.

Watkins Cream Cake

(WITHOUT BUTTER)

1 cup cream, whipped
1½ cups granulated sugar
½ cup cold water
2 cups flour, sift 3 times
3 teaspoons Watkins Baking Powder
Whites 4 eggs
1 teaspoon Watkins Vanilla
Pinch salt

Whip cream stiff, add salt, slowly add sugar. Sift flour and Watkins Baking Powder together, add alternately with water. Add stiffly beaten egg whites and Watkins Vanilla. Bake in layers in 375 degree F. oven, 25 minutes or as cup cakes. Use Watkins Shredded Coconut, or Watkins Lemon or Chocolate Dessert Filling.

Caramel Layer Cake

1 cup sugar
⅓ cup butter
2 eggs, well beaten
½ cup milk
1⅔ cups sifted cake flour
2 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla

Cream butter thoroughly, add sugar slowly and cream together. Add well-beaten eggs, flour alternately with milk. Add Watkins Vanilla. Bake in two well-greased 8-inch layer tins 25 minutes in 375 degree F. oven. Use Caramel Frosting.

Chocolate Cake

1½ cups sugar
½ cup butter
3 eggs
1 cup milk
6 tablespoons Watkins Cocoa
1 teaspoon soda
2 cups pastry flour (sifted)
1 teaspoon Watkins Vanilla
1 teaspoon Watkins Baking Powder

Cream butter, add sugar, beaten yolks of eggs. Dissolve Watkins Cocoa in part of hot milk and cool. Sift soda and flour, add alternately with milk. Add flavoring. Pour into 2 8-inch greased pans, bake in 375 degree oven or bake in cup cakes in 375 degree F. oven 25 minutes.

CREAM FILLING:

⅔ cup granulated sugar
⅔ cup milk
2 egg yolks, beaten
1 tablespoon flour
1 cup cut walnut meats
½ teaspoon Watkins Vanilla
1 tablespoon butter

Cook in double boiler to form custard. Spread between layers, cover with Watkins Chocolate Frosting. Add nuts and Watkins Vanilla after custard cools.

Watkins Cocoa Cake

5 tablespoons Watkins Cocoa mixed with 5 tablespoons hot water to make a smooth paste. Let stand.
½ cup butter
2 cups granulated sugar
2 eggs, beaten
⅛ teaspoon salt
½ cup sour milk or buttermilk
1 level teaspoon soda
2 rounded cups sifted cake flour
1½ teaspoons Watkins Vanilla
1 scant cup hot water
1½ teaspoons Watkins Baking Powder

Cream shortening, slowly add sugar and beat thoroughly. Beat in egg yolks. Sift dry ingredients three times and add alternately with milk. Add Watkins Cocoa and last hot water and beaten egg whites. Pour into a greased lightly floured 13x10x2 pan and bake in a moderate oven, 350 degrees F., 45 minutes. Use Cocoa Frosting and cover while cake is hot.

Cocoa Frosting

1 egg
2 cups (scant) sifted powdered sugar
2½ tablespoons Watkins Cocoa
Soft butter size of walnut
⅛ teaspoon salt
1 teaspoon Watkins Vanilla
1 tablespoon cream

Beat egg until foamy and blend all the ingredients, stirring vigorously. Add cream and beat until consistency to spread. Add Watkins Vanilla. Frost cake while it is hot.

Cocoa Layer Cake

½ cup butter
1 cup sugar
2 eggs
¾ cup Watkins Cocoa
1¼ cups milk
2 cups sifted cake flour
2 teaspoons Watkins Baking Powder
½ teaspoon baking soda
⅛ teaspoon salt
2 teaspoons Watkins Vanilla

Sift together flour, Watkins Baking Powder, soda and salt. Cream butter thoroughly, slowly beat in sugar. Add beaten egg yolks then Watkins Vanilla. Add flour mixture alternately with milk, blend well. Fold in stiffly beaten egg whites. Pour into 2 9-inch buttered lightly floured layer pans and bake about 30 minutes in a 350 degree F. oven. Use Boiled White Frosting. Or add 1 cup diced marshmallows to the hot Seven Minute Frosting after removing from stove. Beat mixture thoroughly.

Chocolate Cake

FIRST PART:

½ bar unsweetened chocolate, cut in pieces
½ cup sugar
½ cup milk

Stir until dissolved and cook mixture to boiling point. Remove from fire and cool.

SECOND PART:

½ cup butter
1 cup sugar
2 eggs
1 cup milk
2 cups sifted cake flour
1 level teaspoon baking soda
1½ teaspoons Watkins Baking Powder
2 teaspoons Watkins Vanilla
3 tablespoons hot water

Cream butter thoroughly, beat in sugar. Drop 1 egg at a time and beat vigorously. Add choclate mixture. Add Watkins Vanilla. Then add sifted dry ingredients alternately with milk. Add hot water last. Pour into buttered lightly floured 3 9-inch layer tins, bake about 30 minutes. Or in 16-inch cake pan and bake about 45 minutes in a 350 degree F. oven. Use boiled White Frosting.

Watkins Chocolate Roll

5 eggs, beaten separately
¾ cup powdered sugar (sifted)
1 teaspoon Watkins Vanilla
4 tablespoons Watkins Cocoa
1 level tablespoon sifted flour
⅛ teaspoon Watkins Baking Powder

Sift flour, sugar, Watkins Cocoa. Beat yolks and whites separately. Beat together. Add dry ingredients. Spread in buttered and floured pan, bake about 15 minutes in 350 degree F. oven. Turn at once on cloth rubbed with powdered sugar. Cover with damp cloth. Roll. Before serving spread with whipped cream, adding sugar and Watkins Vanilla. Roll like jelly roll, wrap in waxed paper. Serve with chocolate sauce.

Watkins Special Never Fail Chocolate Cake

⅓ cup brown sugar
⅓ cup strong Watkins coffee
8 tablespoons Watkins Cocoa
1 teaspoon Watkins Vanilla
1 teaspoon butter

Cook like custard. Cool, add flavoring, add to second part.

⅓ cup butter
1 cup sugar, ½ brown, ½ white
½ cup cold Watkins coffee
2 eggs beaten light
Pinch salt
1½ cups pastry flour
1 level teaspoon soda
½ teaspoon Watkins Baking Powder
1 teaspoon Watkins Vanilla

Prepare second part as for any cake batter.
Sift flour and soda together, bake in moderate oven in layers, loaf or sheet. Use Watkins Uncooked Frosting.

Watkins Uncooked Frosting

2 cups powdered sugar
8 tablespoons Watkins Cocoa
1 tablespoon butter
Enough coffee to blend
1 teaspoon Watkins Vanilla

Dissolve Watkins Cocoa in hot coffee. Mix to smooth paste. Cool. Spread between layers and top of cake.

Caramel Frosting

1½ cups brown sugar (well packed in cup)
½ cup granulated sugar
1 cup milk
1 tablespoon butter
½ teaspoon Watkins Vanilla

Boil sugar and milk until mixture reaches soft ball stage. Add butter and remove from fire. Cool to lukewarm, beat until creamy; sufficient frosting for filling, top, and sides of cake.

Cocoa Cake with Sour Cream

3 eggs
1½ cups sugar
3 tablespoons Watkins Cocoa
¼ teaspoon salt
1½ cups thick sour cream
1 teaspoon soda
2 cups flour
1 teaspoon Watkins Baking Powder
1 teaspoon Watkins Vanilla

Beat eggs well, add sugar, salt and Watkins Cocoa sifted together. Add soda dissolved in little hot water, sift flour 3 times, and add alternately with cream. Flavoring. Mix thoroughly, and bake in moderate oven.

FROSTING:
1½ cups brown sugar
½ cup water
½ teaspoon Watkins Vanilla

Boil until thread stage. Pour into stiffly beaten white of 2 eggs. Add flavoring, spread on cake when cool.

Watkins Cup Cakes

1 cup sugar
½ cup butter
3 egg yolks
3 egg whites
⅔ cup milk
2 cups pastry flour (sifted)
2½ teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla, Lemon or Almond Extract

Cream butter, slowly add sugar, then beaten egg yolks. Alternately add milk and flour, Watkins Baking Powder, sifted together several times, then well-beaten egg whites and flavoring. Bake. Center may be partly taken out, filled with whipped cream, replace with top of cake, cover with boiled white frosting and Watkins Shredded Coconut. Bake 25 minutes in 375 degree F. oven; buttered tins.

Watkin Coconut Cup Cakes

Scant cup butter
2 cups sugar
¾ cup milk
¼ cup water
8 egg whites beaten stiff to be folded in last
3 cups sifted cake flour
3 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla

Mix as for any cake. Grease tins, dust with little flour. Will make 24 cakes. Use boiled white frosting and Watkins Shredded Coconut or any filling and frosting. Bake about 25 minutes in 375 degree F. oven.

Date Cake

1½ cups dates, remove stones, cut fine
½ teaspoon soda, dissolved in 1 cup boiling water
½ cup butter
1 cup sugar
2 eggs
1½ cups sifted cake flour
1 teaspoon Watkins Baking Powder
½ teaspoon Watkins Cinnamon
¼ teaspoon salt
1 teaspoon Watkins Vanilla

Pour soda and boiling water over dates. Cream butter, beat in sugar, add beaten egg yolks and Watkins Vanilla. Add sifted dry ingredients alternately with water and dates. Bake in square greased pan about 40 minutes in a 350 degree F. oven.

Devil's Food Cake (Red)

½ cup butter
2 cups sugar
3 eggs
1 cup sour milk
1 teaspoon soda
2½ cups sifted flour
1 teaspoon Watkins Baking Powder (rounded)
⅔ cup Watkins Cocoa dissolved in ½ cup boiling water
¼ teaspoon salt
1 teaspoon Watkins Vanilla

Sift flour, soda, Watkins Baking Powder and salt. Cream shortening, slowly beat in sugar. Add beaten egg yolks, Watkins Vanilla. Add Watkins Cocoa. Add flour mixture alternately with milk. Fold in stiffly beaten egg whites. Pour into 2 greased layer cake tins, bake 25 minutes in a 375 degree F. oven. Or use greased 9-inch square tin and bake 45 minutes in a 350 degree F. oven. Use Watkins Cocoa Frosting.

Dried Apple Cake or Dried Peach Cake

4 eggs, beaten
1 cup sugar and
1 cup butter, cream well
1 cup sour milk
3 cups cake flour (sifted)
2½ teaspoons Watkins Baking Powder
½ teaspoon soda
1 teaspoon Watkins Cinnamon
½ teaspoon Watkins Cloves
½ teaspoon Watkins Nutmeg
Watkins Lemon Extract or flavoring to taste

Soak 3 cups dried apples in as little water as possible overnight. Chop the apples fine and boil 30 minutes in 2 cups sugar. Cool. Add rest of ingredients as for any cake mixture. Oven 350 degrees F. Bake in buttered lightly floured sheet pan or in 2 deep 9-inch layer tins 40 minutes. Cover with thick boiled frosting. This cake will keep moist and is delicious.

Feather Cake

1 cup (scant) butter, cream thoroughly
2 cups granulated sugar, add slowly beating constantly
3 teaspoons Watkins Baking Powder sifted with flour
1 cup milk and
3 cups sifted pastry flour, alternate in mixing
6 egg whites beaten stiff to be folded in last
1 teaspoon Watkins Vanilla, Lemon or Almond Extract

For loaf, layer or cup cakes. Use any filling or frosting. For loaf cake, bake 45 minutes in 350 degree F. oven. For layer and cup cakes, have oven 375 degrees F., and bake 25 minutes, grease pans and lightly flour.

Watkins Frosting

2 cups granulated sugar
½ cup water, boil until mixture threads
Whites of 3 eggs, beaten stiff
Pinch salt
Watkins Vanilla

Add syrup to beaten whites of eggs, stirring constantly, then add Watkins Vanilla.

Watkins Fudge Cake

1 cup granulated sugar
¼ cup butter
1 egg beaten light
¼ cup sour milk
3 tablespoons Watkins Cocoa
½ cup boiling water
⅞ cup sifted flour
1 teaspoon Watkins Baking Powder
1 teaspoon Watkins Vanilla
Marshmallows

Cream butter, add sugar then egg. Dissolve Watkins Cocoa in boiling water, cool, add to first mixture, alternately add milk and flour sifted with Watkins Baking Powder. Add Watkins Vanilla. Bake in 9x12 pan about 25 minutes in 350 degree F. oven. Cut marshmallows in half, cover top of cake as soon as cake comes from oven. Reheat cake 3 minutes, immediately spread with Watkins Cocoa Frosting.

Fruit Cake

2 cups white raisins
½ pound candied orange peel
½ pound candied citron
½ pound candied lemon peel
¼ pound candied pineapple
½ pound candied cherries
½ pound cut almonds
4 cups flour (sifted)
¾ teaspoon salt
1 cup butter
2 teaspoons Watkins Baking Powder
2 cups sugar
6 eggs
1 cup orange juice
2 teaspoons Watkins Lemon Extract
2 glasses (wine) sherry
1 teaspoon each, Watkins Nutmeg and Cinnamon

Prepare fruit the day before using and soak overnight in fruit juice. Chop fruit, cut raisins, sift little flour over fruit, mix well with finger tips. Cream butter, gradually add sugar, beat, add beaten eggs. Add flour alternately with orange juice, then fruit. Line greased pan with greased wax paper, pour in batter. Steam about 5 hours, bake about 1½ hours in slow oven to dry cake. Rich fruit cake is more moist if part of cooking is done by steaming. Or bake in well-buttered paper lined, greased tube pans about 2¼ hours at 300 degrees F. When cold, wrap in waxed paper, keep in covered tin.

Double Fudge Cake

¾ cup Watkins Cocoa
1¼ cups milk
¾ cup light brown sugar, pack firmly
⅔ cup butter
1 cup granulated sugar
3 eggs, unbeaten
1½ teaspoons Watkins Vanilla
2 cups sifted pastry flour
3 teaspoons Watkins Baking Powder
½ teaspoon salt

Stir Watkins Cocoa into the hot milk and cool. Then stir in the brown sugar until well dissolved. Cream the butter, slowly add the granulated sugar and beat thoroughly. Add the eggs, one at a time, beating well after each addition. Add Watkins Vanilla. Add the well sifted dry ingredients alternately with the milk mixture and blend all together. Pour into a buttered 10x10x2 pan and bake in a moderate oven, 350 degrees F. about 45 minutes. When cool, cover top and sides of cake with Cocoa Fudge Frosting.

Watkins Cocoa Frosting

1 egg
2 cups (scant) sifted powdered sugar
2½ tablespoons Watkins Cocoa
⅛ teaspoon salt
Butter size of of walnut (softened)
1½ teaspoons Watkins Vanilla
1 tablespoon cream

Sift together sugar, Watkins Cocoa and salt. Beat egg until foamy and blend all the ingredients except cream, stirring vigorously. Add cream and beat until consistency to spread. Frost the cake while it is hot.

Watkins Gingerbread

2 eggs
¼ cup brown sugar
¼ cup molasses
¾ cup butter
½ teaspoon soda
2¼ cups flour (scant) sifted
½ teaspoon Watkins Ginger
1 teaspoon Watkins Cinnamon
½ teaspoon Watkins Allspice
¼ teaspoon Watkins Nutmeg
1 teaspoon Watkins Baking Powder
1 cup boiling water

Add beaten eggs to sugar, molasses, melted butter. Add sifted dry ingredients, then water. Blend well, bake in square pan about 40 minutes in oven 350 degrees.
Serve with whipped cream, little sugar and Watkins Vanilla, if you wish a simple dessert.

Watkins Gingerbread Topping

Make Gingerbread from above recipe
¼ cup butter
½ cup light brown sugar
¼ cup sweetened condensed milk
1 cup Watkins Shredded Coconut
1 teaspoon Watkins Vanilla
Finch salt

Spread this well-blended mixture on the baked Gingerbread, place under the broiler to heat for 3 to 4 minutes. Watch carefully not to burn.

Golden Cake

½ cup butter
1 cup sugar
8 egg yolks
⅓ cup orange juice
⅓ cup water
⅓ teaspoon salt
1¾ cups pastry flour (sifted)
4 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla

Cream butter, slowly add sugar. Add well-beaten egg yolks. Sift flour, Watkins Baking Powder, salt, add alternately with orange juice and water. Add Watkins Vanilla. Bake in layers or muffin tins in oven, 375 degrees F., 25 minutes. Will make 2 dozen cup cakes. Use Boiled White Frosting.

Ice Box Lady Finger Torte

1 cup butter
1 cup sugar
3 eggs
2 lemons
2½ dozen lady fingers
2 teaspoons Watkins Lemon Extract

Cream butter, slowly beat in the sugar, add beaten egg yolks, grated rind of 2 lemons, Watkins Lemon Extract. Beat mixture 15 minutes then fold in beaten egg whites. Cover bottom and sides of spring form pan with separated lady fingers placed close together. Fill one half of pan with filling then layer of lady fingers, then filling mixture with lady fingers on top. Place in refrigerator 24 hours. Just before serving cover with sweetened whipped cream and few drops Watkins Vanilla. Sprinkle with sliced blanched almonds.

Apricot Ice Box Cake

½ pound vanilla Nabiscos
1 cup powdered sugar
⅓ cup butter
2 eggs, well beaten
1 medium-sized can peeled apricots (drain)
1 cup whipping cream
½ teaspoon Watkins Vanilla
2 tablespoons sugar to cream
(A spring form pan with removable sides is recommended)

Crush the Nabiscos with a rolling pin and line the bottom of a spring form 8x8x2 pan with half of the crumbs. Cream the butter and slowly beat in the sugar. Add the beaten eggs and mix thoroughly. Spread this mixture over the crumbs in the pan. Place the apricot halves on top and cover with the sweetened whipped cream. Sprinkle with the remaining crumbs and let stand in a cool place 24 hours. Cut in squares. Will serve 8. Strawberries or drained canned pineapple may be used instead of the apricots.

Chocolate Ice Box Cake

4 tablespoons sugar
4 tablespoons water
3 sections sweetened chocolate
3 eggs
2½ dozen lady fingers
1 teaspoon Watkins Vanilla
Whipped cream

Boil sugar and water few minutes, add chocolate melted over hot water. Let cool, add well-beaten egg yolks and beat thoroughly. Add well-beaten whites. Line oblong pyrex dish with wax paper, put layer of lady fingers (separate) and cover with chocolate mixture, alternate layers, cake on top. Place in refrigerator overnight, turn out on platter and cover with whipped cream.

Jelly Roll or Use Watkins Lemon Dessert Filling

⅔ cup sifted cake flour
1¼ teaspoons Watkins Baking Powder
½ teaspoon salt
3 eggs
¾ cup sugar
2 tablespoons cold water
1 teaspoon Watkins Vanilla
1 cup jelly or jam

Mix and sift flour, Watkins Baking Powder and salt. Beat egg yolks until thick. Add water and Watkins Vanilla. Fold in one half of stiffly beaten egg whites. Add sifted flour, 3 tablespoons at a time. Fold in remaining beaten egg whites. Turn into well greased 9x13x2 inch pan lined with heavy paper and greased. Bake about 20 minutes in 350 degree F. oven. Turn on damp cloth. Lemon Filling or spread with jelly; whipped cream; apple butter and roll. Wrap in waxed paper until ready to serve, sprinkle with powdered sugar.

Jelly Roll

5 eggs
1 cup sugar
⅓ teaspoon salt
1 teaspoon Watkins Vanilla
2 cups pastry flour (sifted)
½ cup sweet cream
4 teaspoons Watkins Baking Powder

To the well-beaten eggs, add salt, cream, sifted dry ingredients. Pour into well-buttered tin, bake about 20 minutes in moderate oven. Turn on damp cloth. Spread with jelly, whipped cream, or apple butter and roll. Wrap towel around roll until ready to serve, sprinkle with powdered sugar.

Lady Baltimore Cake

1 cup butter
2 cups sugar
3½ cups flour (sifted)
1 cup sweet milk
Beaten whites of 6 eggs
3 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla or Lemon Extract

Cream butter, beat in sugar, add sifted dry ingredients alternately with milk. Fold in stiffly beaten egg whites. Bake in layers in 375 degree F. oven 25 minutes. Use filling below. Cover with boiled frosting.

Filling for Lady Baltimore Cake

2¼ cups granulated sugar
½ cup white corn syrup
⅛ teaspoon salt
½ cup water
2 egg whites
1 teaspoon Watkins Vanilla
⅔ cup seedless raisins, cut
⅔ cup nut meats, cut

Cook sugar, syrup, salt, water to thread stage, 246 degrees F. Slowly beat the hot syrup into stiffly-beaten egg whites. Add Watkins Vanilla, then put aside 1 cup of frosting for top of cake. Add fruit, nuts and beat briskly. Spread layers and top of cake with filling and cover cake with thin layer of the boiled frosting.

Lemon Layer Cake

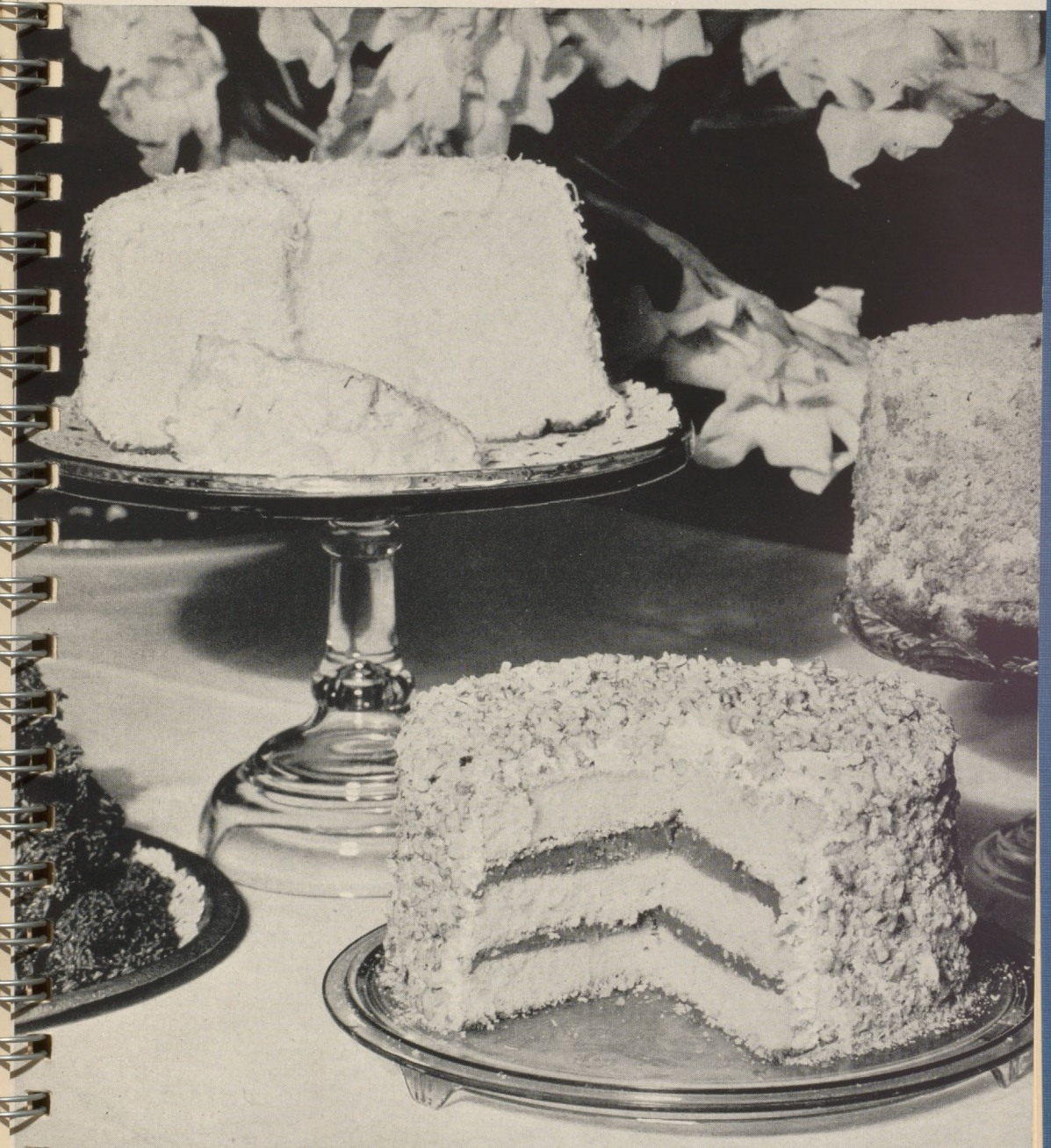
½ cup soft butter
3 eggs
1¼ cups sugar
2½ teaspoons Watkins Baking Powder
½ cup milk
2 cups sifted flour
⅛ teaspoon salt
½ teaspoon Watkins Vanilla
½ teaspoon Watkins Lemon

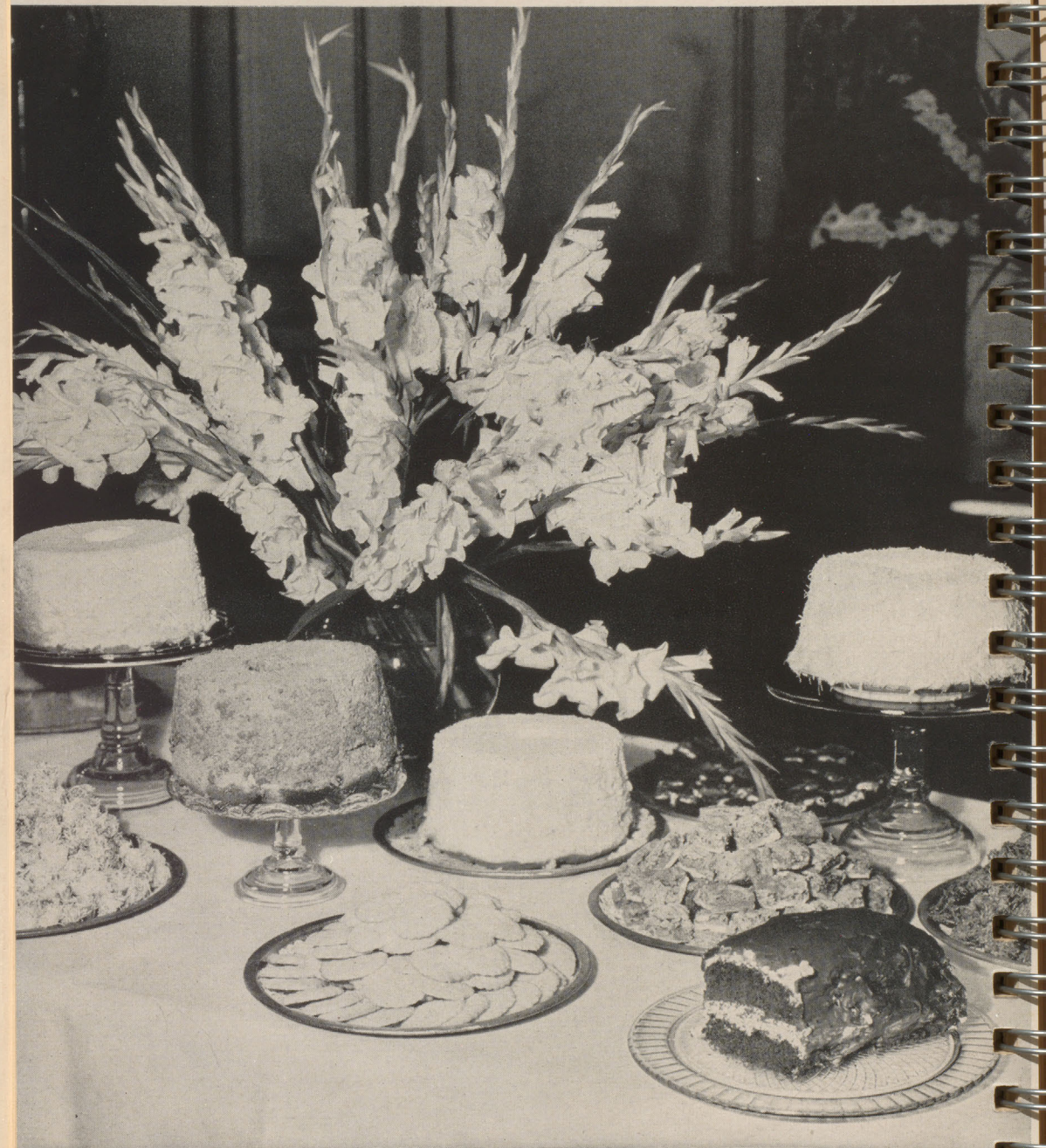
Cream butter, add sugar, beat well. Add egg yolks. Sift dry ingredients, add alternately with milk. Beat thoroughly, add beaten egg whites, add Watkins Vanilla. Bake in 2 well-greased tins in oven 375 degrees F., about 25 minutes.

Lemon Frosting

4 tablespoons butter
Watkins Yellow Color Mixture
4½ cups confectioners' sugar
2 tablespoons lemon juice
5 tablespoons water
½ teaspoon Watkins Almond Extract

Cream butter, add Watkins Yellow Color. Blend in sugar and lemon juice stirring vigorously. Add water, beat until smooth.





Layer Cake or Cup Cakes

1 cup butter
2 cups sugar
1 cup milk
8 egg whites
3 cups sifted pastry flour
3 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla, Lemon or Almond

Cream butter thoroughly, slowly beat in sugar. Add sifted dry ingredients alternately with milk. Add flavoring. Add beaten egg whites. Bake in greased layer or muffin tins. Use your favorite frosting. Bake in 375 degree F. oven 25 minutes.

Layer Spice Cake

2 cups brown sugar (light)
½ cup butter
2 egg yolks
2¾ cups flour (scant) sifted
1½ teaspoons Watkins Baking Powder
1 teaspoon Watkins Cinnamon
½ teaspoon Watkins Allspice
½ teaspoon Watkins Nutmeg
1 cup sour milk
1 teaspoon soda
1 teaspoon Watkins Vanilla

Cream butter, beat in sugar. Add beaten egg yolks. Add Watkins Vanilla. Add sifted dry ingredients and milk. Mix thoroughly, bake in 375 degree F. oven. Add beaten egg whites. Boiled white frosting.

Lemon Loaf Cake

3 cups sifted cake flour
4 teaspoons Watkins Baking Powder
½ teaspoon salt
¾ cup shortening
1½ cups sugar
1 teaspoon Watkins Lemon Extract
4 egg whites
1 cup milk
1 teaspoon grated orange rind or citron

Mix and sift flour, Watkins Baking Powder and salt. Cream shortening until soft and smooth; gradually add sugar, creaming until very fluffy; add flavoring. Beat in thoroughly one egg white at a time. Add flour alternately with milk, beating until smooth after each addition. Turn into well-greased tube or loaf pan and bake in moderate oven, 350 degrees F., about 1 hour. Split cake, use Watkins Lemon Dessert Filling. Cover top with Seven Minute Frosting.

Nut Cake

½ cup butter, cream well, add
1½ cups granulated sugar
¾ cup milk
2 cups flour (sifted)
4 whites of eggs
1 cup walnut meats chopped
3 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla
1 cup Shredded Coconut

Blend all ingredients. Then add beaten whites of eggs. Bake either in loaf or layers. For layers bake in greased tins, 25 minutes in 375 degree F. oven. For loaf 30 to 45 minutes in 350 degree F. oven.

Orange Cup Cakes

½ cup butter
1 cup sugar
3 egg yolks
¼ teaspoon salt
½ grated orange rind
½ cup strained orange juice
1½ cups pastry flour (sifted)
1½ teaspoons Watkins Baking Powder
3 beaten egg whites

Mix as for cake batter. Bake in muffin tins. Cover with boiled white or orange frosting.

Orange Cake Filling

¼ cup sugar
1 egg yolk
½ orange, grated rind
2 tablespoons orange juice
1 teaspoon Watkins Lemon Extract
½ cup cream

Blend all the ingredients except cream, stir and cook until mixture thickens. Chill, fold in whipped cream.

Pineapple Feather Cake

6 eggs
½ cup strained pineapple juice
1 teaspoon Watkins Lemon Extract
1½ cups sugar
1½ cups pastry flour (sifted)
2 teaspoons Watkins Baking Powder
¼ teaspoon salt

Beat egg yolks with rotary beater, add liquid, flavoring and sugar and beat well. Sift flour, Watkins Baking Powder and salt together 4 times, stir into first mixture. Fold in stiffly-beaten egg whites. Bake in an ungreased angel food cake tin about 50 minutes in 350 degree oven. Use pineapple or orange frosting.

Pineapple Upside Down Cake

⅓ cup butter
⅔ cup sugar
2 eggs
⅔ cup water
1½ cups flour (sifted)
3 teaspoons Watkins Baking Powder
⅓ teaspoon salt
½ teaspoon Watkins Vanilla
4 tablespoons butter
1 cup brown sugar (light)
Canned or fresh fruit pineapple, peach or apricot may be used

Cream butter, add sugar, beaten egg yolks and Watkins Vanilla. Sift together flour, Watkins Baking Powder, salt, add to first mixture alternately with water. Fold in stiffly beaten egg whites.

While making cake batter, melt butter and brown sugar, when thick add cut pineapple or halves of ripe peaches.

Pour batter over fruit and bake about 35 minutes in moderate oven. Remove to dish, turning upside down so that the fruit will be on top. Serve hot with hard sauce or whipped cream.

Pineapple Cake

½ cup butter
1½ cups sugar
1 teaspoon Watkins Vanilla
1 cup crushed pineapple
½ cup water
2½ cups sifted cake flour
3 teaspoons Watkins Baking Powder
⅛ teaspoon salt
3 egg whites

Cream butter thoroughly, slowly beat in sugar, add Watkins Vanilla. Add pineapple and well sifted dry ingredients alternately with water. Fold in stiffly beaten egg whites. Bake in buttered layer tins, about 25 minutes in a 375 degree F. oven.

Plain Loaf Cake

½ cup butter
1 cup sugar
1¾ cups sifted flour
2 teaspoons Watkins Baking Powder
¼ teaspoon salt
3 eggs
1 teaspoon Watkins Vanilla
½ cup milk

Cream butter thoroughly, slowly beat in the sugar. Add egg yolks one at a time and beat. Add Watkins Vanilla. Add sifted dry ingredients alternately with the milk. Fold in stiffly beaten egg whites. Pour into well buttered lightly floured bread loaf tin. Bake about 1 hour in a 350 degree F. oven. Use your favorite frosting. Or bake in a buttered baking pan about 45 minutes in a 350 degree F. oven. Or bake in muffin tins in a 375 degree F. oven 25 minutes.

Poppy Seed Cake

½ cup poppy seed
1 cup milk
¾ cup butter
1½ cups sugar
2 cups sifted flour
2 teaspoons Watkins Baking Powder
4 egg whites, well beaten
1 teaspoon Watkins flavoring

Soak poppy seed in milk for two hours. Cream butter and add sugar, then add milk and poppy seed. Add dry ingredients and then egg whites. Bake in large sheet or layers. If layers, bake 25 minutes in 375 degree F. oven.

FILLING:

1 tablespoon cornstarch
1½ cups milk
¾ cup sugar
4 eggs, yolks
½ cup chopped walnut meats
Watkins Vanilla

Dissolve cornstarch in little milk, and cook over double boiler with milk, until mixture thickens. Add sugar, beaten egg yolks and chopped walnut meats.

Pound Cake (Grandmother's)

2 cups pastry flour (sifted)
2 cups granulated sugar (scant)
1 cup butter
4 eggs
½ teaspoon Watkins Cream of Tartar
1 teaspoon Watkins Vanilla
1 cup grated citron

Cream butter, slowly add sugar and mix thoroughly. Then add whole egg, one at a time stirring constantly. Sift together flour, Watkins Cream of Tartar and salt. Add to first mixture, beat well. Watkins Vanilla. Bake in well-buttered paper lined greased loaf tins about 1 hour in 325 degree F. oven. Use wire cake tester.

Pound Cake

- ¾ cup butter
- 1 cup sugar
- 4 eggs
- 1 teaspoon Watkins Baking Powder
- 2 tablespoons milk
- 1¾ cups sifted cake flour
- ⅛ teaspoon salt
- 1 teaspoon Watkins Vanilla
- ¾ cup chopped citron rubbed with little of the flour

Mix and sift flour, Watkins Baking Powder and salt. Cream butter until soft and fluffy. Slowly beat in the sugar, beat long time. Add Watkins Vanilla. Add 1 egg at a time, beat briskly after each addition. Add sifted dry ingredients alternately with milk. Blend well. Bake in well greased paper lined greased loaf tin about 50 minutes to 1 hour in a 325 degree F. oven.

Refrigerator Cake Chocolate

- 10 tablespoons Watkins Cocoa
- 10 marshmallows
- ½ cup cream
- ½ cup hot water
- 2 teaspoons Watkins Vanilla
- 1 cup whipped cream
- 2½ dozen lady fingers

Dissolve cocoa in hot water, blend together until smooth. Cool, add whipped cream and Watkins Vanilla. Line oblong loaf pan with thin layer of chocolate. Add layer of vanilla wafers or rich sponge cake cut one fourth inch thick or lady fingers, then layer of chocolate; wafers, until chocolate mixture is used. Top with wafers, chill in refrigerator 10 hours. Cut in slices, serve with whipped cream.

Watkins Feathery Spice Cake

- ½ cup butter
- 1 cup sugar
- 8 egg yolks
- ⅔ cup water
- ⅓ teaspoon salt
- 1¾ cups sifted cake flour
- 4 teaspoons Watkins Baking Powder
- 1 teaspoon Watkins Cinnamon
- ½ teaspoon Watkins Cloves
- ½ teaspoon Watkins Nutmeg
- ½ teaspoon Watkins Allspice
- 1 teaspoon Watkins Vanilla

Cream butter thoroughly with wooden spoon. Slowly beat in sugar. Add well-beaten egg yolks. Beat well. Add Watkins Vanilla. Add dry ingredients sifted together 3 times alternately with water. Blend well. Bake in greased, floured cake tin 1 hour in a 325 degree F. oven. Use Boiled White Frosting.

A splendid way to use egg yolks after making an angel food cake.

Watkins Spice Cake

- ⅓ cup butter
- 1 cup sugar
- 2 eggs
- ⅔ cup cold Coffee (strong)
- 2 cups pastry flour (sifted)
- 3 teaspoons Watkins Baking Powder
- ⅓ teaspoon salt
- 1 teaspoon Watkins Cinnamon
- ¼ teaspoon Watkins Cloves and Allspice
- 1 teaspoon Watkins Vanilla

Cream butter, slowly add sugar, beat well. Add egg yolks stirring constantly, and coffee. Add dry ingredients which have been sifted together four times. Beat several minutes. Fold in beaten egg whites. Bake in two layers in 375 degree F. oven, 25 minutes. Use boiled white frosting.

Chocolate Spice Cake

¾ cup butter
1½ cups granulated sugar
1 teaspoon Watkins Cinnamon
½ teaspoon Watkins Cloves
½ teaspoon Watkins Allspice
2 eggs
½ cup sour milk
¾ teaspoon soda
1 teaspoon Watkins Baking Powder
½ cup Watkins Cocoa
½ cup boiling water
1 teaspoon Watkins Vanilla
2 cups sifted pastry flour

Cream the butter, slowly beat in the sugar. Add 1 egg at a time and beat thoroughly. Dissolve the soda in the sour milk. Sift together the dry ingredients three times and add alternately with the milk. Add the Watkins Vanilla. Last add the boiling water. Bake in two greased lightly floured 9-inch layer tins, or the mixture will make 18 cakes baked in muffin tins. Bake in 375 degree F. oven 25 minutes. Or bake in sheet pan 14x10, 40 minutes in 350 degree F. oven.

Watkins Loaf Spice Cake

½ cup butter
1 cup light brown sugar (pack in cup)
2 eggs
1½ teaspoons Watkins Vanilla
1½ cups sifted flour
3 teaspoons Watkins Baking Powder
⅛ teaspoon salt
1 teaspoon Watkins Cinnamon
½ teaspoon Watkins Nutmeg
½ teaspoon Watkins Cloves
½ teaspoon Watkins Allspice
¾ cup sweet milk

Cream the butter thoroughly, slowly add sugar and beat well. Add the eggs one at a time and beat. Add Watkins Vanilla. Sift all the dry ingredients together and add alternately with the milk. Bake in a greased 9-inch loaf tin, lined with paper and well-greased, about 45 minutes in a 350 degree F. oven. Serve plain or use Watkins Seven Minute Frosting, page 159, Watkins Cook Book.

Orange Spice Cake (No Eggs)

¾ cup butter
2 cups granulated sugar
4 cups sifted flour
2 teaspoons Watkins Baking Powder
½ teaspoon Watkins Cinnamon
½ teaspoon Watkins Nutmeg
1 cup cold boiled Watkins Coffee
1 teaspoon soda dissolved in 1 cup sour milk
1½ teaspoons Watkins Orange Extract or Vanilla
½ pound candied orange slices
½ cup cut walnuts

Cream the butter thoroughly, slowly beat in the sugar. Sift the dry ingredients three times and add alternately with the sour milk and coffee. Add flavoring. Add the finely cut orange slices and nuts blended with a little of the flour. Pour into greased, lightly-floured loaf tins and bake about 55 minutes to 1 hour in a 350 degree F. oven. Will make 2 loaf cakes. If frosting is desired use Watkins Seven Minute Frosting, page 159, Watkins Cook Book. Reduce recipe one half for 1 loaf.

Prune Spice Cake

½ cup butter or other shortening
1 cup sugar
2 eggs
⅔ cup stewed prunes put through sieve
⅔ cup sour milk
1½ cups sifted flour
⅛ teaspoon salt
½ teaspoon soda
1½ teaspoons Watkins Baking Powder
1 teaspoon Watkins Cinnamon
½ teaspoon Watkins Nutmeg
½ teaspoon Watkins Allspice
¼ teaspoon Watkins Cloves
1 teaspoon Watkins Vanilla

Blend shortening with sugar and eggs. Add prunes and stir in the milk. Add sifted dry ingredients and mix thoroughly. Add Watkins Vanilla and bake in two 8-inch layer tins in a 375 degree F. oven 25 minutes. Use Watkins Seven Minute Frosting, page 159 of Watkins Cook Book.

Quick Loaf Spice Cake

⅓ cup butter
1⅓ cups light brown sugar
2 eggs
½ cup milk
2 cups sifted cake flour
3 teaspoons Watkins Baking Powder
1 teaspoon Watkins Cinnamon
½ teaspoon Watkins Nutmeg
½ teaspoon Watkins Cloves
1 teaspoon Watkins Vanilla
1 cup cut seedless raisins

Place all the ingredients in a bowl except raisins. Beat briskly 3 minutes. Pour into paper lined greased loaf tin and bake about 1 hour and 15 minutes in 350 degree F. oven. Or bake in 2 layer buttered tins about 30 minutes in a 375 degree F. oven.
(Follow directions as given, do not add ingredients separately. Use Boiled White Frosting.)

Spice Sponge Cake

14 egg yolks
1 cup sifted granulated sugar
½ teaspoon Watkins Cloves
1 teaspoon Watkins Cinnamon
½ cup sifted flour
½ teaspoon salt
2 teaspoons Watkins Baking Powder
3 egg whites, beaten stiff
½ cup walnut meats chopped fine
1 teaspoon Watkins Almond Extract

Beat the egg yolks with a rotary beater. Slowly add the sugar and beat the mixture 15 minutes. Sift the flour, salt, Watkins Baking Powder together and fold into the beaten yolks. Add nuts and flavoring. Fold in the stiffly-beaten egg whites. Pour into an angel food tin and bake in a 325 degree F. oven about 55 minutes. Sprinkle cake with powdered sugar or use your favorite frosting. Do not grease tin.

Washington Pie or Boston Cream Pie

Make a one layer cake. Spread layer with sweetened whipped cream, sliced blanched almonds or bananas. Or spread layer with raspberry jam and sprinkle top with powdered sugar.

Watkins Prize Sponge Cake

1 cup pastry flour
1 teaspoon Watkins Cream of Tartar
¼ teaspoon salt
1⅓ cups granulated sugar
⅓ cup water
1 teaspoon Watkins Vanilla
7 egg whites
7 egg yolks
Pinch salt

Sift flour once, measure. Add Watkins Cream of Tartar, salt, sift with flour 4 times. Boil sugar and water without stirring to soft ball. Pour hot syrup over stiffly beaten egg whites, beat constantly, continue beating 5 minutes. Add beaten egg yolks. Slowly fold in flour. Pour into angel tin, do not grease. Bake about 50 minutes in moderate oven. Use boiled white frosting and Shredded Coconut.

Filling for Sponge Cake

5 egg yolks
¾ cup sugar
1½ cups milk
1 tablespoon granulated gelatin
1 tablespoon flour
2 tablespoons cold water
2 cups whipping cream
Any Watkins Extract may be used according to taste

Whip egg yolks, add sugar and flour sifted together, add milk, cook in double boiler until like custard, stir constantly. Remove from fire, add gelatin dissolved in cold water. Let mixture cool, then fold in beaten cream and flavoring. Chill before serving.

Watkins Ice Cream Cake

1 cup butter, cream well
2 cups granulated sugar
3 cups sifted pastry flour
3 teaspoons Watkins Baking Powder
⅛ teaspoon salt
1 teaspoon Watkins Almond Extract
1 teaspoon Watkins Vanilla
1 cup milk
7 egg whites, beaten stiff and added last

Beat the sugar into the well creamed butter. Add the well sifted dry ingredients alternately with the milk. Add the flavoring and fold in the stiffly beaten egg whites. Bake in 3 9-inch buttered layer cake tins 25 minutes in a 375 degree F. oven. Use Watkins Lemon Dessert Filling and use Watkins Seven Minute Frosting page 159 of the Watkins Cook Book. Or use Coconut Frosting, or Watkins Cocoa Frosting.

Light Sponge Cake

4 whole eggs
2 cups sugar
2 cups sifted pastry flour
3 teaspoons Watkins Baking Powder
¼ teaspoon salt
1 teaspoon Watkins Vanilla, Lemon or Almond Extract
2 tablespoons butter
1 cup hot milk

Beat eggs thoroughly, slowly add sugar, beating constantly. Sift dry ingredients together and add alternately with milk. Add flavoring. Blend to smooth batter, bake in 325 degree F. oven 55 minutes in ungreased angel cake tin.

Plain Sponge Cake

1 cup sifted cake flour
5 eggs
½ teaspoon Watkins Cream of Tartar
1 cup sugar
⅛ teaspoon salt
2 tablespoons lemon juice
1 teaspoon Watkins Vanilla

Sift flour 3 times. Beat egg yolks until thick, using rotary beater. Slowly beat in one half of the sugar. Add flavoring. Beat egg whites with wire whisk to incorporate air, add salt, beat, then add Watkins Cream of Tartar, beat until stiff, fold in remaining sugar. Pour beaten egg yolks and fold into egg whites. Sift and fold in a little flour at a time. Pour in to an ungreased tube tin, bake about 55 minutes in a 325 degree F. oven. Or bake about 25 to 30 minutes in ungreased layer cake tins, 375 degrees.

Golden Sponge Cake

First Part:

6 egg whites
Pinch of salt
½ teaspoon Watkins Cream of Tartar
¾ cup granulated sugar
½ cup sifted cake flour
½ teaspoon Watkins Vanilla

Beat the egg whites adding pinch of salt. When foamy add the Watkins Cream of Tartar and beat until stiff. Slowly add the sugar. Fold in the flour sifted three times. Add Watkins Vanilla. Pour mixture into the bottom of an ungreased angel food tin and let stand while preparing the second part.

Second Part:

6 egg yolks, well beaten
½ cup granulated sugar
2 tablespoons cold water
½ teaspoon Watkins Lemon or Vanilla Extract
¾ cup (scant) sifted cake flour
¾ teaspoon Watkins Baking Powder (sift with flour 3 times)

Blend all the ingredients and pour over the first mixture. Bake as for angel food cake in a moderate oven, 350 degrees F., about 50 minutes. Use boiled white frosting.

Sponge Cake

4 eggs, yolk and white beaten separately
1½ cups granulated sugar
Pinch salt
Add 2 cups sifted flour, beat well (cake flour)
3 teaspoons Watkins Baking Powder
1 cup boiling water
1 teaspoon Watkins Vanilla, Lemon or Almond Extract

With rotary beater beat egg yolks 10 minutes. Slowly beat in sugar. Fold in sifted dry ingredients little at a time. Add hot water, stir quickly. Pour into ungreased tube cake pan and bake about 50 minutes in a 350 degree F. oven. An excellent cake to serve with sliced bananas, strawberries, or sliced peaches and whipped cream.

Peach or Strawberry Short Cake

2 cups flour (sifted)
4 teaspoons Watkins Baking Powder
½ teaspoon salt
¼ cup sugar
⅓ cup butter
¾ cup milk
Softened butter

One quart strawberries, cut, add 1 cup sugar. Let stand 2 or 3 hours at room temperature.

Prepare as for baking powder biscuit. Roll ¼ inch thick, cut with floured cutter. Place one half of rounds in ungreased baking pan, spread well with melted butter. Cover with biscuit halves, brush top with butter. Bake in hot oven, 450 degrees F., about 15 minutes and bake at meal time to serve hot. Separate halves, spread soft centers with soft butter. Cover bottom half with berries, place top with soft side up. Cover with berries. Pass sweetened whipped cream. For Large Cake—Pat dough into 2 8-inch ungreased layer cake tins. Or bake in 1 pan, split dough, spread well with soft butter. Add berries.

Strawberry (Biscuit) Shortcake

2 cups sifted flour
4 teaspoons Watkins Baking Powder
1 tablespoon sugar
½ teaspoon salt
⅓ cup butter
¾ cup milk
1 quart ripe strawberries

Sift together dry ingredients, cut in butter and mix well. Quickly stir in milk to form soft dough. Turn on lightly floured board, knead gently to form smooth ball. Roll ¼ inch thick, use floured 3 inch cutter. Place one half of rounds in shallow baking pan (ungreased), brush with melted butter, cover with top dough. Brush top with melted butter. Bake in very hot oven, 450 degrees F., 15 minutes. Separate halves, spread with soft butter. Cover bottom half with sweetened ripe berries. Cover with biscuit soft side up, and berries. Serve with sweetened whipped cream.

Strawberries, Raspberries, Peaches or Apricots

Wash, pick over ripe berries. Cut in half, sweeten to taste. Let stand in warm room 2 hours to flavor. Reserve whole berries to garnish.

Schaum Torte or Meringue

6 egg whites
2 cups sugar
1 teaspoon Watkins Vanilla
½ teaspoon Watkins Cream of Tartar
1 tablespoon vinegar

Beat egg whites lightly, add Watkins Cream of Tartar, beat stiff. Slowly add sugar, vinegar, beat 10 minutes. Drop on greased bake sheet, bake in very slow oven 45 minutes. When cold, split, fill with ice cream or fruit.

Strawberry Short Cake (Cake Dough)

½ cup butter
1 cup sugar
2 eggs, well beaten
½ cup milk
1¾ cups sifted flour (cake)
¼ teaspoon salt
3 teaspoons Watkins Baking Powder
¾ teaspoon Watkins Vanilla
Ripe berries

Cream butter, slowly beat in sugar. Add 1 egg at a time and beat briskly. Add sifted dry ingredients alternately with milk. Add Watkins Vanilla. Blend well. Pour into buttered square 8-inch tin and bake in a 350 degree F. oven about 40 minutes. Test. Split while warm, place sweetened berries between layers and on top. Serve with sweetened whipped cream.

Mashed Potato Cocoa Cake

½ cup butter
2 cups sugar
½ cup milk
4 eggs
½ cup Watkins Cocoa
½ teaspoon Watkins Cinnamon
1 teaspoon Watkins Vanilla
⅛ teaspoon salt
⅔ cup milk
2 cups sifted flour
3 teaspoons Watkins Baking Powder
1 cup hot mashed potatoes
1 cup broken nut meats

Cream butter, beat in sugar, add beaten egg yolks, Watkins Vanilla, mashed potatoes, Watkins Cocoa. Add sifted dry ingredients alternately with milk, then add nuts. Fold in stiffly beaten egg whites. Bake in buttered flat cake pan about 50 minutes in a 350 degree F. oven. Use Watkins Fudge Frosting.

Tarts

1 cup milk
1 cup sugar
3 tablespoons Watkins Coconut Dessert
1 egg yolk, beaten
Whipped cream to top
Pie pastry

Line muffin tins with rich pie pastry; bake. When cold, fill with following mixture: Heat together milk and sugar. Add Coconut Dessert dissolved in ½ cup milk. Add egg. Boil slowly until thick. Spread raspberry jam over each tart. Add whipped cream.

Meringue Torte

6 egg whites
Few grains salt
½ teaspoon Watkins Cream of Tartar
2 cups sugar
1 tablespoon vinegar
1 teaspoon Watkins Vanilla

Add salt to egg whites, beat, then add Watkins Cream of Tartar and beat stiff. Slowly fold in sugar and beat 10 to 15 minutes. Add vinegar, beat, add Watkins Vanilla. Pour into buttered spring form pan and bake in slow oven, 275 degrees F., 1 hour. Or bake in buttered muffin tins lined with oiled paper 45 minutes in 275 degrees F. oven. When cold carefully cut off top, fill with ice cream, replace top and sprinkle with powdered sugar.

Frosting

Banana Frosting

Pulp of 1 ripe banana
2 cups confectioners' sugar
⅓ teaspoon Watkins Almond Extract

Sift sugar, slowly add to mashed bananas. Blend to smooth paste. Add flavoring.

Boiled Frosting with Corn Syrup

2 cups granulated sugar
¼ cup white corn syrup
½ cup Watkins Shredded Coconut
2 egg whites
6 tablespoons water
Watkins Vanilla, Lemon or Almond Extract

Boil sugar, syrup and water together until soft ball stage when tested in cold water. Slowly pour mixture into stiffly beaten egg whites, beating constantly. Add flavoring, beat until quite cool. Chopped nuts or raisins or Watkins Shredded Coconut may be used for filling. Frosting may be kept several days if poured in glass jar and placed in refrigerator. When ready to use place bowl in pan hot water, beat.

Boiled Frosting

2 cups granulated sugar
½ cup water
3 egg whites
1 teaspoon Watkins Vanilla, Lemon or Almond Extract

Stir sugar and water until dissolved, boil until thread stage or 246 degrees F. with thermometer. Slowly pour mixture (while hot) into stiffly beaten egg whites, beat constantly. Add flavoring.

Cooked Brown Sugar Frosting

½ cup light brown sugar, pack in cup
2 egg whites, unbeaten
1½ cups white sugar
4 tablespoons cold water
⅓ teaspoon Watkins Vanilla
1 tablespoon corn syrup
¼ teaspoon Watkins Cream of Tartar

Blend sugar and all ingredients in the top of a double boiler. Stir the mixture and place over rapidly boiling water, do not let water touch the upper pan. Beat vigorously with rotary beater until mixture will stand firm on beater, about 8 minutes. Remove from fire, beat vigorously until cool.

French Caramel Frosting

Cook 1½ cups brown sugar, ¾ cup cream and ½ tablespoon butter to soft ball when tested in cold water. Cool. Add ½ teaspoon Watkins Vanilla and beat.

Brown Sugar Frosting

3 cups brown sugar
¼ cup butter
1½ cups cream
1 tablespoon corn syrup
1 teaspoon Watkins Vanilla

Mix all ingredients thoroughly. Cook mixture to soft ball stage. Remove from fire and beat until creamy, add flavoring. Ready to use.

Uncooked Brown Sugar Confectioners Frosting

3 tablespoons butter, cream thoroughly
1½ tablespoons boiling water
1½ cups light brown sugar

Stir the water and Watkins Vanilla into the butter. Slowly beat in the sugar. Add Watkins Vanilla; beat the mixture to a creamy consistency and spread on cake.

Caramel Frosting

2 cups brown sugar (light)
3 tablespoons cream
Watkins Shredded Coconut
½ cup butter
½ teaspoon Watkins Vanilla or Maple Flavoring

Blend sugar, butter, cream and 1 tablespoon corn syrup. Cook together until quite thick. Beat thoroughly. Add ½ teaspoon Watkins Vanilla, ½ cup Watkins Shredded Coconut, ½ cup nut meats (cut) may be added. If mixture thickens, add little hot water. Stir well.

Watkins Cherry, Lemon or Orange Nectar Frosting

2 cups powdered sugar
1 tablespoon butter
Watkins Nectar
½ cup Watkins Shredded Coconut

Cream butter, add sugar, add sufficient Nectar to make smooth paste. Add Watkins Shredded Coconut. Blend mixture.

Watkins Cocoa Frosting

1 egg
2 cups (scant) sifted powdered sugar
2½ tablespoons Watkins Cocoa
⅛ teaspoon salt
Butter size of walnut (softened)
1 teaspoon Watkins Vanilla
1 tablespoon cream

Beat egg until foamy and blend all the ingredients except cream, stirring vigorously. Add cream and beat until consistency to spread. Add Watkins Vanilla.

Nutmeg Cream Frosting

Blend 1 cup sugar and ½ cup sour cream, stir and cook 1 minute. Cool, add ⅛ teaspoon Watkins Nutmeg and beat until white and thick. Add few drops Watkins Vanilla.

Watkins Cocoa Frosting

1 cup confectioners' sugar
2 tablespoons Watkins Cocoa
2 tablespoons melted butter
3 tablespoons Watkins hot Coffee
½ teaspoon Watkins Vanilla
Pinch salt

Blend sugar, Watkins Cocoa, and butter. Add enough hot coffee to make smooth mixture, add flavoring. Dip knife in Watkins hot Coffee when frosting cookies.

Watkins Coconut Coffee Frosting

1 cup sugar
¾ cup brown sugar
½ cup Watkins hot Coffee
2 egg whites
Pinch salt
1 tablespoon light corn syrup
½ cup Watkins Shredded Coconut
½ teaspoon Watkins Vanilla

Boil sugar, syrup, Watkins Coffee to thread stage. Pour slowly over well-beaten egg whites. Beat well. Add Watkins Shredded Coconut and flavoring. Use rotary beater.

Watkins Coconut Frosting

Add ½ cup Watkins Shredded Coconut to any boiled frosting and spread Watkins Shredded Coconut over top of cake before frosting is set.

Watkins Coconut Sour Cream Frosting

2 cups light brown sugar
½ teaspoon Watkins Vanilla
1 cup sour cream
1 tablespoon white corn syrup
½ teaspoon Watkins Maple Flavoring

Boil sugar and cream until mixture forms soft ball when tested in cold water. Remove from fire to cool, add flavoring, beat until right consistency to spread. One half cup Watkins Shredded Coconut or ½ cup nuts may be added.

Watkins Fudge Frosting

½ cup light corn syrup
2 cups sugar
⅛ teaspoon Watkins Cream of Tartar
½ cup Watkins Cocoa
½ cup top milk
2 tablespoons butter
1 teaspoon Watkins Vanilla

Mix sugar and Watkins Cocoa, add milk, cook until soft ball stage. Remove from fire, add butter and Watkins Vanilla. Let cool. Beat until creamy.

Cocoa Fudge Frosting

- ¼ cup Watkins Cocoa
- ⅔ cup milk
- 2 cups granulated sugar
- ⅛ teaspoon salt
- ⅛ teaspoon Watkins Cream of Tartar
- 1 tablespoon light corn syrup
- 1 tablespoon butter
- ½ teaspoon Watkins Vanilla

Blend the Watkins Cocoa and milk over low heat, stirring constantly. Add the sugar, salt and corn syrup, stir until mixture boils. Cook to a soft ball when tested in cold water or 232 degrees F., using candy thermometer. Remove from fire, add butter and Watkins Vanilla. Cool mixture to lukewarm and beat until mixture thickens, about 10 minutes. Use rotary beater.

Watkins Boiled Chocolate Frosting

- 1 cup granulated sugar
- ½ cup Watkins Cocoa
- 3 egg yolks
- 5 tablespoons cream
- 1 teaspoon Watkins Vanilla
- ¼ teaspoon Watkins Cream of Tartar

Blend all ingredients, bring to boiling point. Remove from fire. Cool. Add Watkins Vanilla. Use rotary beater, beat until mixture thickens sufficiently to spread.

Marshmallow Frosting

Follow recipe on page 155, Boiled Frosting add 1 cup of cut marshmallows after beating in the hot syrup. Use rotary beater and beat well. Add 1 teaspoon Watkins Vanilla. Will keep in covered glass jar in refrigerator. Place in bowl and set in pan of hot water. Add tablespoon boiling water and beat briskly with spoon.

Watkins Never Fail Frosting

- 1 cup sugar
- 2 egg whites
- ¼ teaspoon Watkins Cream of Tartar
- 3 tablespoons cold water
- ¼ teaspoon Watkins Vanilla

Place sugar, unbeaten egg whites, Watkins Cream of Tartar and water in top of double boiler. Use rotary beater and whisk briskly while cooking mixture. Place over vigorously boiling water but do not let water touch upper pan. Beat until mixture will stand in a peak on beater. Remove from fire. Beat. Add Watkins Vanilla.

Seven Minute Frosting

2 egg whites
1½ cups sugar
1 tablespoon white corn syrup
4 tablespoons cold water
1 teaspoon Watkins Vanilla
Few grains salt
¼ teaspoon Watkins Cream of Tartar

Beat egg whites, salt, sugar, and all ingredients in top of double boiler. Place over boiling water, use rotary beater and beat briskly until mixture will stand in peaks. Remove from water, cool few minutes. Add Watkins Vanilla, beat until cold.
If too stiff, add hot water by teaspoon, beat briskly.

Variations—Orange Nectar Frosting

2 tablespoons Watkins Orange Nectar
1 recipe Seven Minute Frosting

Use 2 tablespoons Watkins Orange Nectar and 2 tablespoon cold water in place of 4 tablespoons cold water.

Cherry Frosting

2 tablespoons Watkins Cherry Nectar
1 recipe Seven Minute Frosting

Use 2 tablespoons Watkins Cherry Nectar and 2 tablespoon cold water in place of 4 tablespoons cold water.

For Sea Foam Frosting

Substitute 2 cups light brown sugar for the white sugar. Follow recipe Seven Minute Frosting.

For Chocolate Frosting

1 recipe Seven Minute Frosting

Beat in ½ to ¾ cup Watkins Cocoa blended with 3 to 4 tablespoons hot water just before spreading on cake.

Caramel Frosting

1 cup brown sugar
½ teaspoon Watkins Maple Flavoring

Use 1 cup brown sugar in place of white sugar. Flavor with ½ teaspoon Watkins Maple Flavoring.

Peppermint Frosting

½ teaspoon Watkins Peppermint Extract
Watkins Red or Green Color Mixture

Make Seven Minute Frosting. Flavor with ½ teaspoon Watkins Peppermint Extract and tint with Watkins Green Color Mixture.

Strawberry Frosting

½ teaspoon Watkins Strawberry
Watkins Red Color Mixture

Make Seven Minute Frosting. Flavor with ½ teaspoon Watkins Strawberry Flavor and tint with Watkins Red Color Mixture.

Watkins Chocolate Filling for Cake

- 1¾ cups milk
- ¾ cup sugar
- 1 teaspoon Watkins Vanilla
- ½ cup Watkins Chocolate Dessert
- 2 eggs

Blend 1¼ cups milk and sugar in double boiler, bring to boiling point. Mix Watkins Chocolate Dessert with remaining ½ cup milk, add to hot syrup, stirring constantly. Boil about 3 minutes, being careful not to burn. Remove from fire, beat in egg yolks. Cool, spread on cake. Watkins Shredded Coconut, nuts, raisins may be added.

Watkins Lemon Filling for Cake

- ½ cup water
- 1 cup water
- 3 tablespoons Watkins Lemon Dessert
- 1 cup sugar
- 1½ cups hot milk
- 2 egg yolks
- Watkins Shredded Coconut

Blend Watkins Lemon Dessert and water. Add beaten egg yolks, sugar and milk, cook in double boiler 15 minutes, stirring constantly. Cool. Sliced bananas or strawberries, nuts, raisins or Watkins Shredded Coconut may be added.

Watkins Lemon Dessert Frosting or Filling

- 2 cups sifted powdered sugar
- 4 tablespoons Watkins Lemon Dessert
- 1 tablespoon butter
- 3 to 4 tablespoons boiling water
- ¼ teaspoon Watkins Vanilla

Blend well, sugar, Dessert and butter. Slowly stir in boiling water. Beat thoroughly. Add Watkins Vanilla. Use Watkins Coconut, Chocolate or Butterscotch Dessert and follow recipe. Will frost 2 8-inch layers.

Custard Filling for Cream Puffs Or Cake

- 3 tablespoons flour
- ⅛ teaspoon salt
- ¼ cup sugar
- 4 egg yolks
- 2 cups milk, scald
- 1 tablespoon butter
- 1 teaspoon Watkins Vanilla

Blend dry ingredients, stir in well-beaten egg yolks and ½ cup hot milk. Stir mixture into scalded milk, stir and cook until mixture thickens. Cool, add butter and Watkins Vanilla. For a thicker filling add 2 tablespoons more flour.

Raisin Filling

Cook 1 cup chopped raisins, 1 cup sugar. ½ cup water, boil until mixture will thread. Remove from fire, beat and pour on beaten white of egg. Nuts may be added.

Pastries—Pies

To Make Crisp Flaky Pie Crust

1. Pastry should be light, tender and flaky.
2. Pastry flour is recommended as it makes a more flaky pie crust.
3. Vegetable shortening is preferred—add butter for a richer crust. The shortening should be hard and should be kept in the refrigerator. All material must be cold. Pure lard will give good results.
4. Use all-purpose flour, sift flour and measure.
5. Use pastry blenders, cut shortening into flour. A quick manipulation is necessary to incorporate air.
6. Sprinkle just enough iced water over the floured fat to dampen, toss mixture back and forth to blend. Use only enough water to hold flour and shortening together. Roll in waxed paper. Place in refrigerator and chill several hours.
7. Handle dough with a light, quick touch.
8. Dust board lightly with flour. If dough sticks to board, loosen with knife, dust with little more flour. Use as little flour as possible in the rolling or the crust will be tough.
9. Roll crust thin, to ⅛ inch thickness. Fold over, turn back edges, roll again quickly. If a richer crust is desired, add bits of butter, 2 to 3 tablespoons over surface of crust, 1 inch from edge, fold over in thirds, roll quickly, fold, roll again until well blended.
10. Do not grease pie tin. Dust lightly with flour.
11. Place rolled thin dough loosely on pie tin. Add plenty of filling—should be same height as top of pie tin. Moisten edge with cold water or egg white. Roll upper crust, fold over in the center, prick openings with fork for steam to escape. Place upper crust loosely over filling. Cover edge well to allow for shrinkage. In berry pies, fold dough well under edge of pie tin. To build up pie crust—allow 1 inch to hang over both the top and bottom crust around the tin. Turn the over hanging edge up on the edge of the pie tin to make a double fold. Dip fingers and thumb in iced water and press the two edges of the dough around the tin. The border should stand up around the pie—this prevents the juice from escaping.
12. To glaze pies, use a pastry brush, lightly cover with milk, white of egg or soft butter.
13. To bake pies, set pie tin in bottom of a hot oven, 450 degrees F., 10 minutes. Reduce heat to 350 degrees F., bake 40 to 50 minutes.
14. For a baked shell. Line tin loosely, prick holes in sides and bottom. Bake in a hot oven, 450 degrees F., 12 to 15 minutes to a light brown.
15. For individual pies (invert muffin tin, place rolled pastry) cut in rounds 5 inches across—over the outside, press lightly. Place another muffin tin over the dough. Bake about 12 minutes to a light brown in 450 degree F. oven.

Plain Pastry

- 1½ cups flour (sifted) pastry
- ¼ teaspoon Watkins Baking Powder
- ½ teaspoon salt
- ½ cup shortening, flake with pastry knife
- ¼ cup or less ice water

Sift dry ingredients, handle pastry dough lightly and chill before using. For flaky rich crust add 2 or 3 tablespoons more of butter. Roll thin on floured board. Always cover edge of pie tin well with pastry as the dough will shrink.

Pie Crust

- 1½ cups flour
- ½ teaspoon salt
- ¼ teaspoon Watkins Baking Powder
- ½ cup shortening
- ¼ cup butter
- ¼ cup or less ice water

Sift dry ingredients together and work in chilled shortening lightly. Add ice water slowly and roll on lightly floured board. Line pie tin, have dough well over edge of pan. Roll dough outwards from center, keep in circular form.

Hot Water Pie Crust

- 1½ cups pastry flour sifted
- ½ teaspoon Watkins Baking Powder
- ¼ teaspoon salt
- ½ cup shortening
- ¼ cup boiling water

Sift together dry ingredients. Cut in shortening with 2 knives. Add boiling water, blend. Chill thoroughly before rolling. Wrap dough in waxed paper, chill, but not next to ice.

Easily Made Puff Paste

- 1½ cups sifted flour
- 1 teaspoon Watkins Baking Powder
- ¾ teaspoon salt
- ½ cup vegetable shortening
- Ice water
- ½ cup butter

DELICIOUS FOR FRUIT TARTS.

Sift together flour, Watkins Baking Powder and salt. With 2 knives, cut in shortening. Slowly add ice water, blend to soft dough. Turn on floured board, roll to ¼ inch thickness. Dot with 1 tablespoon butter, fold from top to center, then from bottom to center, overlap edge. Then fold right to center, then left to center. Then roll to ¼ inch thickness. Repeat same process using 1 tablespoon butter at a time until ½ cup is used. Wrap in waxed paper and chill several hours.

Apple Pie

- 6 to 8 sliced apples (tart)
- ¾ cup sugar
- 2 tablespoons butter
- Watkins Cinnamon
- ½ teaspoon Watkins Nutmeg
- ½ teaspoon grated lemon rind
- 1 tablespoon lemon juice

Fill crust with sliced apples, sprinkle sugar, pieces of butter, Watkins Cinnamon and Nutmeg. Roll upper crust, moisten edge of lower crust on pan, cover with pie dough with openings for steam to escape. Press edges together with fork. Brush top of pie with milk or egg white. Bake about 50 minutes.

Mousse for Apple Pie

1 glass whipped cream
2 tablespoons powdered sugar
¼ teaspoon Watkins Vanilla, Lemon or Almond Extract
Watkins Nutmeg

Mold in baking powder tin using waxed paper before covering with lid. Pack in ice and salt and let stand 2 hours, or mold in refrigerator.

Applesauce Cream Pie

1¼ cups milk, scald
2 egg yolks
1 teaspoon Watkins Vanilla or Lemon Extract
¼ cup sugar
¼ teaspoon salt
2½ cups thick sweetened applesauce
½ teaspoon Watkins Nutmeg
1 teaspoon Watkins Cinnamon
1 tablespoon butter

Prepare, bake pastry shell. Heat milk in double boiler, beat eggs lightly, add sugar, salt, then little hot milk. Mix thoroughly, stirring constantly, add mixture to remaining milk in double boiler. Let cook slowly until quite thick. Add applesauce, cooked thick, put through sieve and sweetened, to pastry shell, cover with custard.

Blueberry Pie

3 cups fresh blueberries, wash carefully
¾ cup sugar
1 tablespoon butter
2 tablespoons flour or tapioca
½ teaspoon Watkins Cinnamon
⅛ teaspoon salt

Sift flour and sugar together, add berries and mix well. Pour into pastry-lined pie tin, moisten edge of dough with water, cover with top crust making opening for steam to escape. Press pastry well over edge and trim. If canned berries are used, measure scant ½ cup sugar and 2 tablespoons flour.

Butterscotch Pie

3 egg yolks
1 cup brown sugar
6 tablespoons flour (scant)
2 cups milk
4 tablespoons butter
1 teaspoon Watkins Vanilla
¼ teaspoon salt
3 tablespoons caramel syrup
½ teaspoon Watkins Nutmeg
Caramel syrup:
½ cup sugar
⅓ cup boiling water. Add slowly off fire

Beat egg yolks with sugar; mix flour with little water to make smooth paste; add to first mixture, add milk, salt and caramel syrup. Cook in double boiler until thick. Remove from fire; add butter and Watkins Vanilla. Cool; add beaten whites of eggs or reserve for a meringue. Pour into baked crust. If meringue is used add 4 tablespoons sugar to stiffly beaten whites, spread on top, return to slow oven to brown. To make syrup, heat sugar in smooth dry skillet until golden brown, add boiling water, cook to cream, stir.

Chocolate Butterscotch Pie

Butter size of egg
1 cup brown sugar
1 cup milk
Pinch salt
2 egg yolks
⅓ cup Watkins Chocolate Dessert
1 teaspoon Watkins Vanilla

Butter size of an egg, 1 cup brown sugar. Put in skillet and brown. Add 1 cup milk, ⅓ cup Watkins Chocolate Dessert dissolved in an additional ½ cup of milk, and 1 teaspoon of Watkins Vanilla. Let boil about 3 minutes, then beat in 2 egg yolks. Pour into baked pie crust. Cover pie with meringue made of stiffly beaten whites of eggs and 3 tablespoons sugar, ¼ teaspoon Watkins Vanilla. Brown lightly.

Cherry Pie

3 cups fresh cherries (wash and remove stones)
Scant cup sugar
⅛ teaspoon salt
2 tablespoons flour
1 tablespoon butter
½ teaspoon Watkins Cinnamon

Blend sugar, flour, salt and add cherries. Mix well. Pour mixture into unbaked pie crust, add dots of butter, top crust, cover edge well. Bake in hot oven about 15 minutes, then reduce heat and bake until done.

Cherry Pie

2½ cups canned cherries (drain juice)
1 cup sugar
2½ tablespoons finest mesh tapioca
⅓ cup cherry juice
Pinch salt
1 teaspoon butter
Prepare pie dough using
1½ cups sifted flour
¾ teaspoon salt
½ cup lard
½ teaspoon Watkins Cinnamon

Mix juice and sugar, salt, tapioca. Blend lard into flour with pastry knife. Add 3 tablespoons milk. Prepare as for any dough; roll out bottom crust, line pie tin covering edge well. Add cherries, butter, and all other ingredients which have been well mixed. Pour into moistened bottom pie crust, cover with top crust with openings for steam. Bake 10 minutes in quick oven, reduce heat and bake another 20 minutes. Shut off heat, let pie remain in oven 10 minutes.

Chocolate Coconut Pie

3 cups milk
3 egg yolks
3 tablespoons sifted flour
1 cup sugar
6 tablespoons Watkins Cocoa
1 tablespoon butter
Pinch salt
1 cup Watkins Shredded Coconut
(¼ of coconut to be added to meringue for top of pie)
1 teaspoon Watkins Vanilla

Cook custard in double boiler, pour into baked pie shell. Cover with meringue, made of 2 stiffly beaten egg whites, 3 tablespoons granulated sugar, ¼ teaspoon Watkins Vanilla. Brown lightly in oven.

Chocolate Pie

2½ cups milk
4 tablespoons coffee beverage
¾ cup Watkins Chocolate Dessert (loosely packed)
Pinch salt
1 cup cold water or milk
1 cup sugar
3 tablespoons butter
Whipped cream
1 baked pie shell

Moisten Watkins Chocolate Dessert with cold water or milk, stirring out all lumps. Cook sugar and 2½ cups milk together until dissolved; add moistened chocolate dessert, cook 2 or 3 minutes until raw, starchy taste disappears. If too thick after this cooking, add little milk or cream while still hot; beat in butter and add coffee. (Caution! Add part at a time and to suit taste, since amount depends upon strength of coffee). Add more sugar if desired. Pour into baked pastry shell while still warm. Cover with meringue (2 egg whites beaten stiff, 3 tablespoons sugar, Watkins Vanilla to taste) and bake in 325 degrees F. oven. Or let pie cool and cover with whipped cream.

Watkins Cocoa Pie

¾ cup Watkins Cocoa
¼ cup flour
1 cup sugar
½ teaspoon salt
2 cups milk or water
2 egg yolks
3 tablespoons butter
1 teaspoon Watkins Vanilla
1 baked pie shell

Line deep pie pan with pie crust. Bake quickly 10 to 15 minutes in hot oven. Cook Watkins Cocoa, flour, sugar, salt, milk, until thick; beat yolks and butter, Watkins Vanilla. Pour into baked pie shell, let cool. Beat egg whites with 3 level tablespoons sugar for meringue, brown in slow oven. Or serve with whipped cream; in that case use whole egg for filling.

Watkins Coconut Dessert Pie

2 cups milk
¾ cup sugar
½ cup Watkins Coconut Dessert
2 eggs
Watkins Shredded Coconut
1 teaspoon Watkins Vanilla

Put 1½ cups milk in saucepan or double boiler, add sugar and bring to boiling point. Mix Watkins Coconut Dessert with remaining ½ cup cold milk, add to hot syrup, stirring constantly, and boil about 3 minutes, being careful not to burn. Remove from fire and beat in egg yolks. Pour into baked pie crust. Cover pie with meringue made of stiffly beaten whites of eggs and 3 tablespoons sugar, and return to oven to brown lightly. If desired 2 tablespoons of Watkins Shredded Coconut may be sprinkled over the meringue before browning.

Cranberry Raisin Pie

Pastry for pie
2 cups cranberries
½ cup raisins
¾ cup sugar
1 tablespoon flour, or minute tapioca
1 tablespoon lemon juice
1 tablespoon butter

Wash cranberries, drain and chop with raisins. Pour into pastry lined pie pan. Combine sugar, flour and sprinkle over fruit. Dot with butter and lemon juice. Cover with top crust. Bake 10 minutes in a 450 degree F. oven, reduce to 350 degree F. and finish baking.

Currant and Prune Pie

2 cups prunes, cooked
½ cup currants
½ cup light brown sugar
½ cup English walnuts
Juice of ½ lemon
1 teaspoon minute tapioca sprinkled on top pie plate lined with pastry

Blend filling, pour into pastry lined tin. Bake in 450 degree F. oven, reduce heat to 350 degrees F., bake about 25 minutes. When cold, cover with whipped cream.

Cream Pie

⅔ cup sugar
⅓ cup corn starch
⅛ teaspoon salt
2 cups milk, scald
3 eggs
2 tablespoons butter
1 teaspoon Watkins Vanilla
1 baked pie shell

Meringue:
2 egg whites beaten stiff
¼ cup sugar
Few drops Watkins Vanilla

Blend sugar, corn starch and salt. Slowly stir in hot milk. Cook and stir over boiling water until mixture thickens. Add one third of mixture to well beaten egg yolks, then stir egg yolks into custard. Stir and cook 2 minutes. Remove from fire. Cool. Add butter and Watkins Vanilla. Pour into baked shell. Cover with meringue, return to oven to lightly brown. Or serve with sweetened whipped cream adding a few drops of Watkins Vanilla. If 2 eggs are used, add ½ cup sugar to custard mixture. Scant ½ cup flour may be used instead of corn starch.

Coconut Cream Pie

Follow above recipe, add ½ cup Watkins Shredded Coconut to custard before cooling mixture. Sprinkle meringue with ½ cup Watkins Shredded Coconut then lightly brown.

Chocolate Cream Pie

Follow recipe for cream pie. Add 2 squares baking chocolate or ½ cup Watkins Cocoa to hot milk. Then use 1 tablespoon less flour.

Chocolate Coconut Pie

3 cups milk
4 egg yolks
3 tablespoons sifted flour
3 squares chocolate
⅔ cup sugar
1 cup Watkins Shredded Coconut (¼ coconut for meringue on top of pie)

Mix all ingredients together except milk. Heat milk and first mixture in double boiler and cook until thick. Bake crust before putting in the custard. Top meringue with Watkins Coconut. Brown lightly in oven. ½ cup Watkins Cocoa may be used instead of chocolate.

Cherry Cheer Ups

3 cups sifted flour
4 teaspoons Watkins Baking Powder
1 teaspoon salt
⅓ cup shortening
2 eggs plus enough water to make 1 cup

Blend as for pie dough. Mix and toss on lightly floured board. Knead lightly and roll to ¼ inch thickness. Brush with melted butter and cover with pitted red cherries drained from juice. Roll up like jelly roll. Cut in slices 1½ inches thick. Place cut end down in syrup made as follows:

SYRUP
1 can red pitted cherries (drained)
1½ cups cherry juice (add water if less)
1 cup sugar
2 tablespoons cornstarch
¼ teaspoon salt
1 tablespoon butter
1 tablespoon lemon

Mix sugar, cornstarch and salt together, pour over cherry juice, boil until thick and clear. Add butter and lemon juice. Pour into deep well greased baking dish. Add cherry rolls, bake in moderate oven, 350 degrees F., 45 minutes to 1 hour.

Watkins Coconut Cream Pie

5 tablespoons Watkins Coconut Dessert
5 tablespoons sugar
⅛ teaspoon salt
½ cup cold water
1 baked pie shell
1½ cups scalded milk
3 egg yolks
1 cup Watkins Shredded Coconut
2 teaspoons Watkins Vanilla

Blend Watkins Coconut Dessert with the cold water, then slowly add ½ cup of the hot milk and mix well. Add sugar and beaten egg yolks blended together. Cook in double boiler until thick. Add Watkins Shredded Coconut and cook 3 minutes. Cool and add Watkins Vanilla. Pour into baked pie shell and cover with meringue made of stiffly beaten whites of 2 eggs and 3 tablespoons granulated sugar, ¼ teaspoon Watkins Vanilla. Sprinkle top with ½ cup Watkins Shredded Coconut. Return pie to oven to lightly brown.

Watkins Chocolate Chiffon Pie

1 envelope gelatin
¼ cup cold water
6 level tablespoons Watkins Cocoa
½ cup boiling water
⅓ teaspoon salt
4 eggs
1 cup sugar
1 teaspoon Watkins Vanilla
1 baked pie shell or Graham Cracker Crust (See below)

Dissolve the gelatin in the cold water. Pour the boiling water over the cocoa and blend well, stir in the gelatin. Cool. Beat egg yolks, and add one half of the sugar. Add salt and Watkins Vanilla. Beat egg whites stiff and fold in remaining sugar. Blend all the ingredients and pour into a baked pie shell. Chill. Just before serving cover with sweetened whipped cream adding a few drops of Watkins Vanilla.

Graham Cracker Pie

CRUST:

18 Graham crackers
½ cup sugar
⅓ to ½ cup butter, melted

FILLING:

Watkins Coconut Dessert
Watkins Chocolate Dessert
Watkins Lemon Dessert
Watkins Butterscotch Dessert

Roll Graham crackers until thoroughly crumbled. Add sugar and melted butter. Cover bottom of pie tin with mixture, pushing well up onto the sides, pressing into shape with a spoon. (Save out ½ cup of this mixture for the top). Place crust in a 300 degree F. oven while preparing filling.

Filling: Follow regular recipe for making Watkins Desserts (Coconut, Chocolate or Lemon) as given on the Dessert container. Pour into Graham cracker crust and top with meringue made by adding 3 tablespoons of sugar to stiffly beaten egg whites. Sprinkle remaining cracker mixture over top, put in oven 5 minutes.

A Different Lemon Pie

1 cup sugar
Grated rind of 1 lemon
Strained juice of 1 lemon
4 egg yolks, well beaten
1½ teaspoons gelatin
⅓ cup cold water
1 teaspoon Watkins Vanilla
4 egg whites
1 baked flaky pie crust or a crust made of cream cheese
Whipped cream

Blend one half of the sugar with the lemon rind. Add the lemon juice, then the beaten egg yolks. Cook slowly over boiling water, stirring constantly. Soften the gelatin in the cold water and stir into the egg mixture. Cook 1 minute, then cool. Add Watkins Vanilla and fold in the stiffly beaten egg whites after adding the remaining ½ cup of sugar. Pour into the cheese crust, chill 3 to 4 hours. Cover with whipped cream just before serving.

Cream Cheese Pie Crust

2 packages (6 ounces) Blue Ribbon Cream Cheese
¾ cup pastry flour (sifted)
½ cup soft butter
1 tablespoon ice water

Blend the cheese, flour and butter and mix thoroughly. Add the water and mix well. Chill 4 hours. Roll thin and fit into a pie tin and bake in a hot oven, 450 degrees F., about 10 minutes to a light brown. When cold add the Lemon Pie filling and chill before serving.

Lemon Custard Pie

4 eggs
½ cup sugar
3 cups milk (scald)
⅛ teaspoon salt
1½ teaspoons Watkins Lemon Extract
1 unbaked pie shell

Beat the eggs, stir in the sugar. Cook the entire mixture stirring constantly. When cool, add the lemon and pour into pastry lined tin. Bake 10 minutes in a 450 degree F., oven, then reduce heat and bake about 30 minutes in a 350 degree F. oven. Bake until a knife, when inserted, comes out clean.

Lemon Pie

1½ cups sugar
⅓ cup sifted flour (scant)
2 cups boiling water
Little salt
4 egg yolks, beaten
4 tablespoons corn starch
1 tablespoon butter
6 tablespoons lemon juice
2 teaspoons grated lemon rind
1 baked pie shell

Blend cornstarch, flour, and sugar, stir and add to boiling water. Stir constantly for about 5 minutes, cover mixture and steam 15 minutes. Add butter, beaten egg yolks cooking only 2 minutes. Remove from fire, add lemon juice and grated rind. When cool, fill baked pie shell, cover with meringue.

MERINGUE:

2 egg whites, beaten stiff
3 tablespoons sugar
½ teaspoon lemon juice
¼ teaspoon Watkins Vanilla

Cover top of pie and return to oven to lightly brown.
For thick meringues, bake in slow oven 300 to 325 degrees F. for 20 to 30 minutes depending upon thickness. Then there will be no syrup liquid around edge of pie.

Coconut Jam Tarts

Pastry for Pie:
1 tablespoon confectioners' sugar
⅓ cup Watkins Shredded Coconut
½ cup cream, whipped
Few drops Watkins Vanilla
Strawberry or apricot jam

Line muffin tins with thin puff pastry. Prick openings, bake to light brown in 425 degree F. oven. Cool. Fill center with your favorite jam. Cover with blended sugar, Watkins Vanilla, cream and Watkins Coconut

Lemon Chiffon Pie

1 tablespoon gelatin
¼ cup cold water
6 tablespoons lemon juice
1 baked 9-inch pie shell
Grated rind ½ lemon
1 cup sugar
¼ teaspoon salt
4 eggs
½ teaspoon Watkins Vanilla

Blend gelatin and water. Beat egg yolks, one half of sugar, lemon juice, rind, salt. Cook and stir over boiling water until mixture thickens. Stir in gelatin, mix well. Cool. Stir in stiffly beaten egg whites blended with remaining ½ cup sugar and Watkins Vanilla. Pour into baked pastry shell. Chill. Serve plain or with sweetened whipped cream.

Mince Meat for Pies

2 pounds lean beef chopped
1 pound beef suet chopped
5 pounds sour apples chopped
2½ pounds brown sugar
2 tablespoons Watkins Cinnamon
1 tablespoon Watkins Allspice
1 teaspoon salt
1 pound seeded raisins
2 pounds currants
¾ pound citron, cut fine
1 cup molasses
Juice and rind of orange and lemon
1 cup boiled cider
1 teaspoon Watkins Lemon Extract

Mix ingredients thoroughly and add enough boiled cider to make right consistency.
Heat slowly to boiling point and simmer 1 hour. Add meat and 2 tablespoons currant jelly.

Mince Meat with All Fruit

2 pounds apples
1 pound suet
2 pounds seedless raisins
2 pounds brown sugar
½ pound citron
¼ pound lemon peel
¼ pound orange peel
Juice and grated rind of 2 lemons
1 teaspoon Watkins Cloves
1 teaspoon Watkins Cinnamon
1 teaspoon Watkins Nutmeg
½ pint boiled cider

Blend thoroughly all ingredients. Heat to boiling point, boil 2 minutes. Fill hot sterilized jars and seal. Add 1 teaspoon Watkins Lemon Extract.
Use as filling for Mince Pies.

Mince Pie

Use 2 cups mince meat for each pie. Moisten fruit with canned fruit juice, grape juice or a little brandy. Chopped apples and cut raisins may be added. Bake with 2 crusts.

Refrigerator Pie

For Summer Dessert

1⅓ cups crushed corn flakes
3 tablespoons confectioners' sugar
¼ cup butter, melted over hot water
Little Watkins Vanilla

Mix thoroughly and line 9-inch pie pan. Place in refrigerator 1 hour to chill, add 1 cup sliced ripe peaches.

FILLING:

3 egg whites, beaten stiff
9 tablespoons granulated sugar and mix with stiffly beaten egg whites

Cover peaches with egg mixture and spread whipped cream over top. Add few ripe sliced peaches to decorate.

Watkins Peach Pie

3½ cups ripe sliced peaches
2 tablespoons flour or tapioca
½ teaspoon Watkins Cinnamon
⅔ cup sugar
1 tablespoon butter
Little salt
¼ teaspoon Watkins Lemon Extract

Sift dry ingredients and mix with peaches, pour into lined pastry tin. Cover with top crust with opening for steam to escape. Press edges together, flute and trim. Bake in quick oven about 10 minutes, reduce heat to 350 degrees F., bake 25 minutes.

Watkins Squash Pie

2 cups squash
3 eggs
1 cup sugar
½ teaspoon Watkins Cinnamon
½ teaspoon Watkins Ginger
Pinch salt
2 cups top milk (scald)

Add Watkins Cinnamon and Ginger to squash, blend in sugar and well-beaten eggs. Strain mixture and pour into deep pie shell. Bake 10 minutes in 450 degree F. oven, reduce heat to 350 degrees F., bake about 25 minutes.

Watkins Special Lemon Pie

1 cup granulated sugar
2 egg yolks
1½ cups milk (heat)
½ cup cold water
3 tablespoons Watkins Lemon Dessert

Blend Watkins Lemon Dessert and water. Add beaten egg yolks, sugar and milk, cook in double boiler 15 minutes, stirring constantly. Pour into baked pie shell when mixture cools. When cold, cover with meringue, made of stiffly beaten egg whites, sugar, Lemon Extract. Return to slow oven to brown lightly.

MERINGUE:

2 egg whites, beaten stiff
3 tablespoons granulated sugar
¼ teaspoon Watkins Lemon Extract

Watkins Orange Fluff Tarts

- ¼ cup orange juice
- Grated or chopped yellow rind of 1 orange
- 1 cup sugar
- 3 tablespoons cold water
- 3 tablespoons Watkins Lemon Dessert
- 2 tablespoons butter
- 2 eggs, separated

Cook orange juice and chopped rind together a moment. (Or if grated, add rind at end of cooking). Moisten Watkins Lemon Dessert with 3 tablespoons cold water or milk, beating out all lumps. Add moistened dessert to warm orange syrup, stir well, cook few moments until taste of starch is gone. Add sugar, beating until dissolved. Beat egg yolks until lemon-colored, add hot(but not boiling) mixture gradually (to prevent cooking yolks too much), beating well. Pour into double boiler, cook 5 minutes over hot water; take out of hot water, cool slightly. Beat whites stiff, fold into mixture carefully to retain fluffiness. Let cool until it almost begins to set, pour into pastry shells baked over inverted cups or muffin pans. Serve cold with meringue or whipped cream. Should not be solid.

Pumpkin Pie

- 2 cups cooked pumpkin
- ⅔ cup sugar
- Scant teaspoon salt
- 1 teaspoon Watkins Cinnamon
- ½ teaspoon Watkins Ginger
- 2 tablespoons molasses
- ⅓ teaspoon Watkins Nutmeg
- 3 eggs
- 2 cups milk
- 3 tablespoons butter, melted over hot water
- 1 teaspoon Watkins Lemon Extract

To steamed mashed pumpkin, add sugar, salt and spices. Add eggs slightly beaten, milk, and melted butter. Mix thoroughly. Line pie tin with chilled pastry, brush with unbeaten white of egg. Bake shell in hot oven setting another pie pan of same size inside the pastry lined pan and bake in oven 500 degrees for 10 minutes. Remove second pan; pour in pumpkin mixture. Reduce heat to moderate, 350 degrees, and bake 30 minutes or until firm.

Refrigerator Pie

- 20 Graham crackers
- 1 cup confectioners' sugar
- 1 teaspoon Watkins Cinnamon
- ½ cup butter
- 1 egg
- 1 cup whipping cream
- 8-ounce can crushed pineapple (drain)

Crush crackers and roll very fine. Line glass pie plate with half of cracker crumbs, but do not butter plate. Cream butter, slowly add sugar, mix well, add unbeaten egg and whip thoroughly. Smooth mixture over plate with crumbs. Whip cream, fold in pineapple and cover over pie. Cover with remaining crumbs. Cool 6 hours before serving.

Pecan Pie

- 3 tablespoons butter
- ⅔ cup light brown sugar
- Few grains salt
- ¾ cup light corn syrup
- ½ cup top milk
- 3 eggs
- ¾ teaspoon Watkins Vanilla
- 1 cup chopped pecans
- 1 unbaked pie shell

Cream butter, slowly beat in sugar, salt. Add eggs, one at a time, beat briskly. Blend entire mixture. Pour into pastry lined pie tin. Bake 10 minutes in 450 degree F. oven, reduce heat to 350 degree F., bake until custard sets, about 30 minutes. Serve plain or with sweetened whipped cream. Add pecan halves over top of pie.

Sweet Potato Pie

- 2 cups cooked sweet potatoes
- 2 tablespoons butter, melted
- ½ teaspoon Watkins Vanilla
- ⅔ cup sugar
- 1 unbaked pie shell
- ⅓ teaspoon salt
- 3 eggs
- ½ teaspoon Watkins Cinnamon
- ½ cup cream
- 2 tablespoons brandy

Scrub potatoes, boil with skins until tender, peel, mash, put through strainer. Add beaten eggs, one half of sugar, cream, melted butter, 2 tablespoons brandy. Pour into unbaked pie shell. Bake in hot oven, 450 degrees F., 10 minutes, reduce heat to 350 degrees F., bake about 35 minutes longer until knife will come out clean. When cool, cover with meringue made of stiffly beaten whites of eggs, remaining sugar and Watkins Lemon Extract. Brown lightly in oven, serve hot.

Sweet Potato or Pumpkin Chiffon Pie

- 1 tablespoon gelatin
- ¼ cup cold water
- 3 egg yolks
- ⅔ cup light brown sugar
- ½ cup milk
- 1½ cups cooked and strained pumpkin
- ½ teaspoon salt
- ½ teaspoon Watkins Cinnamon
- ½ teaspoon Watkins Nutmeg
- 1 teaspoon Watkins Vanilla
- 3 egg whites
- 3 tablespoons sugar
- 1 baked pie shell

Dissolve gelatin in cold water. Place egg yolks in top of double boiler, use rotary beater. Stir in sugar, hot milk, pumpkin, salt and spices. Cook over boiling water stirring constantly until slightly thickened. Remove from fire, stir in dissolved gelatin. Cool. When mixture begins to thicken, fold in beaten egg whites after adding sugar and Watkins Vanilla. Pour into baked pie shell. Place in refrigerator until firm, 1 to 2 hours. Serve with whipped cream and pecan meats, or serve plain.

Gooseberry and Currant Tarts

- 1 can (No. 2) gooseberries
- 1 can (No. 2) red currants
- 1 tablespoon cornstarch
- 6 to 8 baked tart shells
- ½ cup whipped cream

Drain juice from fruit. To the juice add cornstarch and cook until clear and thick, stirring to keep the mixture smooth. Add sugar to sweeten, if desired. Add drained fruit and cool. Pour into baked tart shells. Top with whipped cream.

Watkins Lemon Pie

2½ cups water
1 cup sugar
2 egg yolks
½ cup Watkins Lemon Dessert

Little more boiling water may be used if filling too thick. Or follow recipe for Watkins Special Lemon Pie using milk.

Directions for pudding, pie or cake on Lemon Dessert container.
Put 2 cups of water in double boiler, add sugar and bring to boiling point. Mix Watkins Lemon Dessert with remaining ½ cup of cold water, add to hot syrup, stirring constantly, boil about 3 minutes, being careful not to burn. Remove from fire, beat in egg yolks. Pour into baked pie crust, dessert cups, or use as a cake filling. Cover pie with meringue. Brown lightly in oven.

Watkins Lemon Raisin Pie

2½ cups liquid
1 cup sugar
1 teaspoon Watkins Lemon Extract
½ cup sifted Watkins Lemon Dessert
2 eggs

Wash ½ cup seeded raisins, cut in half and soak in 1 cup cold water 1 hour. (Use water for soaking raisins, in pie). Add ½ cup cold water, ½ cup Evaporated Milk (canned) and 1 cup sugar. Place all in double boiler and bring to boil.
Mix ½ cup sifted Watkins Lemon Dessert in ½ cup cold water. When Dessert is thoroughly dissolved, add to hot syrup and boil 3 minutes.
Stir constantly to keep from burning. Remove from fire, add 1 teaspoon Watkins Lemon Extract and well-beaten yolks of 2 eggs. Pour into baked pie crust. Cover with meringue made of 2 stiffly beaten whites of eggs, 3 tablespoons sugar. Brown in oven.

Strawberry Rhubarb Pie

1½ cups rhubarb (2 pounds)
⅞ cup sugar
2 tablespoons water
2 egg yolks
⅓ cup evaporated milk
2 egg whites, beaten stiff
2 tablespoons lemon juice
Few grains salt
¾ cup sliced strawberries
1 unbaked pie shell with built up rim

Bake pie shell 5 minutes in 450 degree F. oven, then add filling, reduce heat to 350 degrees F., bake 30 minutes. Wash and cut rhubarb in thin pieces. Blend with sugar, water, stir and cook until tender. Drain rhubarb. Beat syrup into egg yolks, stir in milk. When cold, fold in stiffly beaten egg whites and strawberries. Blend well. Pour into partly baked pie shell, when cold serve with whipped cream.

Frozen Desserts

Apricot or Peach Ice

2 cans apricots, juice, mash pulp
Juice of 2 oranges
2 cups sugar
4 cups water
1 teaspoon Watkins Lemon Extract

Boil sugar and water about 5 minutes. Cool. Put apricots through ricer. Blend all ingredients and freeze. For richer ice when partly frozen, add 1 cup whipped cream, then freeze. Hand freezer.

Watkins Butterscotch Ice Cream

For Electric or Hand Freezer

½ cup light brown sugar
½ cup boiling water
2 eggs, yolks and whites beaten separately
1 cup granulated sugar
¼ cup (or 4 tablespoons level) Butterscotch Dessert
3 cups milk
1 cup cream, whipped
1 teaspoon Watkins Vanilla

Add boiling water to the brown sugar, let boil 2 minutes and cool. Whip the egg yolks with a rotary beater and beat in the sugar. In a saucepan place ¼ cup Watkins Butterscotch Dessert (shake can vigorously before measuring) and stir in the milk. Boil 3 minutes. Cool. Add the brown sugar syrup to the beaten egg yolks, the Watkins Vanilla and blend with the cooked Dessert Mixture. When cold fold in the whipped cream, partly freeze, add stiffly beaten egg whites. Freeze and let stand 1 hour to flavor. Place in freezing tray 6 hours, stir every 45 minutes for 3 times. Will make 2 quarts.

Cranberry Frappe (Refrigerator)

2 level teaspoons gelatin
1 quart cold water
1 quart cranberries
2½ cups granulated sugar
½ cup boiling water
Juice of 2 lemons

Soak gelatin in 1 pint cold water, later dissolve in boiling water. Cook cranberries in other pint of cold water, and when soft press through sieve. Add sugar, lemon juice, gelatin, pour into refrigerator, mold overnight. Will keep several days.

Cranberry Ice

1 quart cranberries
2 cups water
2 cups sugar
2 lemons, juice, strain

Cook cranberries and water 8 minutes, force through sieve. Add sugar, lemon juice. Cool. Use hand freezer.

Frozen Apricots

1 can apricots
Sugar to taste
Whipped cream
1 teaspoon Watkins Lemon Extract

Press apricots through sieve, add Watkins Lemon Extract, sugar, freeze. Serve with meat course or with whipped cream as dessert.

Frozen Dessert

2 cups sugar
1 cup water
2 cups orange juice
1 cup cream
2 yolks of eggs
1 cup heavy cream
1 teaspoon any Watkins flavoring

Boil sugar and water 8 minutes, cool, add orange juice. Scald cream, add egg yolks, cook in double boiler until mixture thickens. Cool and add to first part with heavy cream, beaten stiff. Freeze.

Frozen Peaches

1 can or 12 large ripe peaches
3 egg whites
2 cups sugar
1 pint water
Watkins Lemon Extract

Cook sugar and water to thin syrup. Put peaches through colander, add ingredients and freeze.

Frozen Pineapple Cream

1 bottle maraschino cherries
4 slices pineapple
1 cup whipping cream
1 teaspoon gelatin
¾ cup sugar
1 cup thin cream
1 teaspoon Watkins Vanilla

Cut cherries and pineapple in pieces, add sugar, Watkins Vanilla and thin cream. Mix thoroughly and fold in whipped cream. Pack in mold in ice or place in electric refrigerator pans 4 to 5 hours. Dissolve gelatin before adding.

Frozen Crushed Strawberries

2 cups water
1½ cups sugar (boil 10 minutes)
1½ tablespoons gelatin
2 tablespoons water
1 teaspoon Watkins Lemon Extract

Soften gelatin in cold water, add to sugar mixture, cool thoroughly. Prepare following: Take 2 cups thick strawberry pulp after washing, hulling berries, and put through sieve. Add juice of ½ lemon and ½ cup orange juice. Freeze. Use hand freezer.

Frozen Dessert (Refrigerator)

5 egg yolks
5 tablespoons sugar
1 pint whipping cream
½ cup shredded almonds
1 dozen lady fingers
¼ cup cooking sherry
1 teaspoon Watkins Vanilla

Beat egg yolks lightly, add sugar. Place in double boiler, cook until like custard, stir constantly. Cool well. Slowly add cream beaten stiff. Line pudding mold with lady fingers, then pudding mixture in layers. Pack, let stand 4 hours. Cut candied grapefruit or cherries or nuts may be added. Makes 1 quart.

Fig Ice Cream (Refrigerator)

¾ cup top milk
½ cup sugar
⅛ teaspoon salt
2 eggs
1 teaspoon granulated gelatin
1 tablespoon cold water

CARAMELIZE:
(¼ cup sugar
¼ cup water)
2½ cups whipping cream
2 teaspoons Watkins Vanilla
Sprinkle top custard with Watkins Nutmeg

Mix milk, sugar, salt, scald. Add dissolved gelatin to hot milk, stir. When cool, pour over lightly-beaten eggs and stir.

Cook sugar, water, over slow fire until light brown. Cool. Stir into custard mixture, add whipped cream. Add 1 cup chopped dried figs, 1 cup cut walnuts, or pecan meats. Blend well, pour into refrigerator trays, stir occasionally. Let stand until molded, 4 to 5 hours.

Frigidaire Ice Cream

1 cup sugar
⅓ cup water
3 eggs
Pinch salt
Grated rind and juice of 1 lemon
2 cups whipped cream

Boil sugar and water to a syrup. Pour into well-beaten eggs and blend thoroughly. Add salt, lemon and cool, fold in whipped cream. Turn into mold, place in refrigerator pan for 6 hours.

Frozen Pudding with Apricots

2 quarts cream
6 egg yolks
2 cups sugar
1 can apricots
1 teaspoon Watkins Lemon Extract

Scald quart of cream. Beat yolks with sugar, add to scalded cream. Cook few minutes then beat until cold. Add quart of cream, Watkins Lemon Extract and freeze. Put apricots through sieve. Add to above mixture when cream begins to set. Hand freezer.

Frozen Fruit Ice Cream (Refrigerator)

1 pint cream
1 pint milk
2 well-beaten eggs
⅔ cup sugar
¼ pound candied cherries cut in small pieces
½ pound almonds, sliced
Few seedless raisins, cut
½ cup macaroons, chopped
1 tablespoon Watkins Vanilla or Lemon Extract
1 tablespoon gelatin, measure before dissolving in hot water

Dissolve gelatin. Heat milk in double boiler, add to well-beaten eggs and sugar. Add gelatin. Cool. Fold in cherries, raisins, nuts, and Watkins Vanilla. Pour into refrigerator trays, freeze 1½ hours. Remove, beat, stir in whipped cream. Return to freeze 4 to 5 hours.

French Chocolate Ice Cream

4 egg yolks
3 squares chocolate
2½ cups top milk, scald
¾ cup sugar
⅛ teaspoon salt
1 pint heavy cream
2 teaspoons Watkins Vanilla

Melt chocolate over hot water, scald milk in double boiler. Add half of milk slowly to chocolate and blend well. Add remaining milk slowly to slightly beaten egg yolks. Combine mixtures. Add sugar and salt. Cook in double boiler to form custard. Cool. Add heavy cream, Watkins Vanilla, mix well and freeze. Use hand freezer.

French Ice Cream

6 egg yolks
2 cups granulated sugar
1 quart cream
Pinch salt
1 teaspoon Watkins Lemon, Vanilla or Almond Extract

Beat egg yolks, fold in sugar, cook few minutes in double boiler. Cool, beat, add cream, flavoring, and freeze. Use hand freezer.

Fruit Ice

3 ripe bananas
3 oranges
3 lemons
2 cups sugar
⅓ cup pineapple juice
4 cups water

Boil sugar and water 5 minutes. Cool. Rub bananas through sieve. Add fruit juices, sugar, blend entire mixture. Chill. Hand freezer.

Fruit Sherbet

3 bananas
3 oranges
3 lemons
3 cups water
3 cups sugar
3 egg whites, beaten stiff

Boil sugar and water together 10 minutes. Cool. Add banana pulp put through strainer. Add juice of oranges and lemons. Stir in stiffly beaten egg whites and freeze. Use hand freezer.

Five Fruit Ice

3 lemons, juice
3 oranges, juice
3 ripe bananas, pulp
3 cups sugar, scant
1 small can shredded pineapple
2 cups milk
1 cup water

Put bananas through a ricer. Add juice, sugar, water, pineapple. Place in freezer and chill. Stir in milk, freeze at once. Use hand freezer.

Lemon Sherbet

1 pint cream
1 pint sugar
Juice 2 lemons and 1 orange
1 pint top milk
Watkins Lemon Extract

Chill cream and milk. Strain juice. Add 1 teaspoon Watkins Lemon Extract. Blend all ingredients and freeze. Use hand freezer.

Watkins Lemon Dessert Ice Cream or Frozen Frappe

(Watkins Chocolate Dessert or Watkins Butterscotch or Coconut Dessert may be substituted.)

- ½ cup light brown sugar
- ½ cup boiling water
- 1 cup granulated sugar
- ⅓ cup Watkins Lemon Dessert
- 3 cups rich sweet milk
- 1 cup cream
- 2 eggs

Add boiling water to the brown sugar, let boil two minutes and cool. Beat egg yolks, add white sugar, mix thoroughly. In a saucepan place ¼ cup Watkins Lemon Dessert (shake can vigorously before measuring). Add milk, stir mixture and boil 3 minutes, cool. Add brown sugar syrup to beaten egg yolks and blend with cooked Dessert mixture. When entirely cold, fold in whipped cream and stiffly beaten egg whites. Freeze, let stand 60 minutes or more to flavor. This recipe makes 2 quarts. This special Watkins Ice Cream makes a delicious dessert to mold in electric refrigerator. Place in the freezing tray 6 hours and stir every 45 minutes for three times. Either electric or hand freezer.

Pineapple Ice Cream

- 1½ cups milk
- 2 tablespoons sugar
- 2 egg yolks
- (½ cup cut candied ginger)
- 1 cup crushed pineapple
- 1 teaspoon Watkins Lemon or Vanilla Extract
- 1 pint cream

Scald milk in double boiler, let cool. Add beaten egg yolks and sugar blended together. Stir mixture until slightly thickened, remove from fire. Let stand until cold. Add pineapple, flavoring and cream, mix well and freeze. Add ginger if desired. Hand freezer.

Ice Cream

- ⅓ pint whipping cream
- 1 quart plain cream
- Dash of salt
- 1 cup sugar
- 1½ tablespoons Watkins Vanilla Extract

Dissolve sugar in plain cream, add heavy cream. Mix thoroughly and freeze. Will serve 10. Use hand freezer.

Ice Cream

- ½ quart top milk
- 4 egg yolks
- 1 cup sugar
- ⅛ teaspoon salt
- 2 pints cream
- 1 tablespoon Watkins flavoring according to taste
- 1 gallon serves 20
- Will make 2 quarts

Cook in double boiler, beaten eggs, sugar and milk 10 minutes. Let completely cool. Add cream, Watkins Vanilla. Add more sugar if necessary. Use one third milk to two thirds cream when increasing amount. Use hand freezer.

Biscuit Tortoni (Italian Ice Cream)

- 1 cup ground macaroons
- 2 cups milk
- ½ cup sugar
- ½ cup sherry
- 2 teaspoons Watkins Vanilla
- 2 cups whipped cream
- 1 cup chopped almonds browned in oven

Soak macaroon crumbs in milk. Add sugar, sherry and flavoring. Partly freeze. Stir in cream and almonds. Pack in individual paper cups, place inside of freezer with waxed paper between layers. Chill 2 to 3 hours. Hand freezer.

Coconut Bisque Ice Cream (Refrigerator Tray)

- 2 tablespoons quick tapioca
- ⅛ teaspoon salt
- 2 cups milk (scald)
- ½ cup sugar
- 6 tablespoons white corn syrup
- 2 egg whites beaten stiff
- 2 tablespoons sugar
- 1 cup cream whipped
- 1 teaspoon Watkins Vanilla
- 1 cup Watkins Shredded Coconut toasted

Stir tapioca in the milk and cook in double boiler 12 to 15 minutes. Add sugar and syrup, stir mixture until well blended. Cool. Strain through fine sieve. Chill. Fold in blended egg whites and sugar beaten stiff. Add whipped cream, blend entire mixture. Pour into refrigerator tray. Stir every 45 minutes for 3 times. One quart will serve 8. Chill overnight.

Fruit Ice Cream

- ¼ cup cut candied cherries
- ¼ cup cut candied pineapple
- 1 cup whipping cream
- 2 egg yolks and whites beaten separately
- 1 cup seeded raisins
- ¼ cup strained honey
- 1 teaspoon Watkins Vanilla

Boil raisins in little water 5 minutes, drain, let cool. Add honey, well-beaten egg yolks fold in stiffly beaten egg whites, cream, Watkins Vanilla and fruit cut in small pieces. Pour into refrigerator pan and mold overnight.

Ginger Glacé Ice Cream

- 2 whole eggs, yolks and whites beaten separately
- 4 more yolks
- 1 tablespoon Watkins Vanilla
- ¾ cup sugar
- 1 pint thin cream
- 1 pint whipping cream
- ½ cup candied ginger, cut fine
- Pinch salt

Heat thin cream and sugar in top of double boiler. Remove from fire, stir in well beaten egg yolks. Cool. Add Watkins Vanilla. Add whipping cream and candied ginger. Freeze partly. Fold in stiffly beaten egg whites. Use hand freezer.

Manhattan Frozen Dessert

1½ cups strained orange juice
¾ cup lemon juice
1 cup sugar
1 pint heavy cream
¾ cup powdered sugar
⅔ cup blanched almonds, cut
1 teaspoon Watkins Lemon Extract

Whip cream, add sugar, fold in almonds. Pour fruit mixture in mold, cover with cream mixture. Freeze in electric refrigerator. Add Watkins Lemon Extract to mixture.

Maple Parfait

5 eggs
1½ cups hot maple syrup
Pinch salt
3 cups heavy cream
1 cup chopped pecan nuts
1 teaspoon Watkins Vanilla

Beat eggs very light, pour over hot syrup. Cook in double boiler until quite thick. Cool. Fold in whipped cream, nuts and flavoring. Freeze.

Orange Ice

4 cups water
2 cups sugar
2 cups orange juice
Grated rind
2 oranges
¼ cup lemon juice
1 teaspoon Watkins Lemon Extract

Boil sugar and water together 5 minutes. Add remaining ingredients, cool and strain. Pack and freeze.

Orange Delicious

2 cups granulated sugar
1 cup water
2 cups orange juice
1 cup cream
2 egg yolks
1 cup whipping cream
1 teaspoon Watkins Lemon Extract

Boil water and sugar 8 minutes, add orange juice. Scald cream, add beaten egg yolks, cook over hot water until mixture thickens. Cool, add first mixture, whipping cream and freeze. Use an ice cream mold with tight cover, line mold with orange ice, fill mold with frozen orange ice cream, use wax paper, cover tightly. Pack in salt and ice, let stand 2 or 3 hours.

Orange Parfait

1½ cups orange juice
1½ cups sugar
2 tablespoons lemon juice
1 teaspoon Watkins Lemon Extract
1½ teaspoons gelatin
1 pint cream
5 egg yolks

Mix fruit juice, sugar, Watkins Lemon Extract and yolks of eggs. Cook in double boiler until mixture thickens. Add dissolved gelatin. When cold partly freeze and add whipped cream. Continue freezing.

Orange Sherbet

1 pint milk
1 pint cream
1 pint sugar (scant)
½ cup Watkins Orange Nectar
½ cup cold water

Add sugar to fruit juice, when dissolved add cream, milk and freeze.

Watkins Fruit Ice Cream

- 1 pint milk
- 2 pints cream
- 1 14-ounce can evaporated milk
- ½ envelope Watkins Fruit Pectin
- 1½ cups granulated sugar
- ¼ cup Watkins Orange Nectar Syrup (Other Nectar flavoring may be used.)

Thoroughly blend the sugar and dry Pectin. Pour the milk, cream and evaporated milk into a bowl. Add the sugar and pectin slowly and blend thoroughly, stirring constantly until entirely dissolved. Slowly stir in the Watkins Orange Nectar. Use hand freezer.

Peach Ice Cream

Make a custard of
- 1 quart cream
- 1 pint milk
- 3 eggs, beaten
- 1 cup sugar

(2 quarts ripe peaches mashed and sweetened)
- 1 tablespoon Watkins Vanilla

Beat eggs, stir in sugar, milk and one half of cream. Cook in double boiler until mixture thickens as for custard. Chill. Stir in cream, partly freeze, then stir in sweetened and strained peaches. Use hand freezer.

Peach Ice Cream

- 3 pints cream
- 1½ cups sugar
- ½ teaspoon Watkins Almond

Blend cream, 1 cup of sugar and flavoring. When slightly frozen, stir in 2 cups strained canned peach pulp and rest of sugar. Let stand at least 1 hour to flavor. Use hand freezer.

Peach Ice Cream (Electric Refrigerator)

- 2 teaspoons gelatin
- ½ cup cold water
- 1¾ cups evaporated milk, scald
- ½ cup sugar
- 2 teaspoons Watkins Vanilla
- 1½ cups whipped cream
- 1 cup mashed sweetened peach pulp

Soften gelatin in cold water, stir into hot milk. Cool. Add sugar, Watkins Vanilla and peach pulp, blend well. Chill. Pour into freezing tray, when mixture slightly thickens fold in whipped cream. After 1 hour, use rotary beater and beat mixture in a chilled bowl. Pour into freezing tray, freeze another 3 to 4 hours. Strawberries may be substituted.

Peach Mousse

- 2 cups ripe peach pulp
- 2 cups heavy cream
- ½ cup confectioners' sugar
- ½ teaspoon Watkins Almond
- Few grains salt
- 4 egg whites
- 24 vanilla wafers or lady fingers crushed

Mix peach pulp with cream, sugar, Watkins Vanilla, and salt. Fold in stiffly beaten egg whites, place in refrigerator tray. When mixture starts to thicken, fold in cake crumbs, saving ½ cup to sprinkle over top of mixture. Place in refrigerator several hours. Strawberries or Apricots may be used.

Peppermint Refrigerator Ice Cream

14 marshmallows
1 cup milk, scald
⅔ cup crushed peppermint stick candy
Few grains salt
1 cup whipped cream
½ teaspoon Watkins Vanilla
(No sugar required)

Dissolve marshmallows in hot milk, stir well. When cold, stir in remaining ingredients. Pour into refrigerator tray. When partly frozen, after 1 hour, beat mixture thoroughly, return to freezing unit until firm. To serve for luncheon, chill overnight.
Ground pecan brittle candy, or ground chocolate chips may be substituted for the peppermint.

Peppermint Ice Cream

½ pound peppermint stick candy
1 cup milk
2 cups cream
1 teaspoon Watkins Vanilla
(No sugar needed)

Grind candy and soak overnight in milk. Stir in cream and freeze. Use hand freezer.

Pineapple Ice Cream

1½ quarts heavy cream
1 can crushed pineapple
3 cups sugar
1 teaspoon Watkins Lemon Extract

Blend mixture thoroughly and freeze. Use hand freezer.

Refrigerator Ice Cream

2 teaspoons gelatin
½ cup cold water
1¾ cups evaporated milk, scald
½ cup sugar
1½ cups heavy cream, whipped
1 tablespoon Watkins Vanilla
Few grains salt

Soften gelatin in cold water. Stir into hot milk. Add sugar and Watkins Vanilla. When cold stir into freezing tray, chill. When slightly thickened stir into whipped cream. Beat after 1 hour. Return to freeze, about 3 to 4 hours.

Strawberry Ice Cream (Refrigerator)

¾ cup sugar
1 cup mashed ripe berries, Let stand 2 hours at room temperature to flavor

Cool gelatin and milk, stir in 1 cup mashed sweetened ripe berries. Chill mixture, pour into freezing tray. Follow recipe given above.

Pecan Brittle Ice Cream (Refrigerator)

(No extra sugar)

Add ¼ pound ground pecan brittle to the whipped cream. Follow above recipe for Refrigerator Ice Cream.

Chocolate Ice Cream (Refrigerator)

Add 2 squares unsweetened chocolate to the hot milk, and 2 tablespoons more sugar. Follow recipe for Refrigerator Ice Cream.

Pineapple or Any Fruit Sherbet (Refrigerator)

1 teaspoon gelatin
2 tablespoons cold water
¾ cup sugar
¼ cup pineapple juice
1 No. 2 can crushed pineapple
2 teaspoons Watkins Lemon Extract
2 egg whites
1 cup heavy cream
¾ cup water

Soften the gelatin in cold water. Boil the sugar and water 10 minutes, remove from fire and stir in the gelatin. Add pineapple, juice and flavoring. Chill. Pour into freezing unit. When partly frozen beat briskly. Fold in stiffly beaten egg whites and whipped cream. Return to freeze stirring occasionally. Will serve 8.

Grape Ice

2 cups sugar
2 cups grape juice
4 cups water
¼ cup lemon juice
⅔ cup orange juice
Watkins Lemon Extract

Boil sugar and water together 5 minutes. Cool. Blend all ingredients, strain, add 1 teaspoon Watkins Lemon Extract. Chill. Use hand freezer.

Raspberry or Strawberry Ice

1 cup sugar
2 cups water
Juice of 1 lemon, strain
1 quart red raspberries, or 1 can, drain
1 package raspberry Jello
Dissolve in 3 tablespoons hot water

Boil sugar and water together 5 minutes. Cool a few minutes, stir in Jello. Blend well. When mixture begins to thicken, add washed berries put through a sieve. Add lemon. Pour into freezing tray, chill 1¼ hours. Pour into a chilled bowl, beat briskly 3 minutes. Return to freezing tray until firm.

Spanish Cream Dessert

1 tablespoon gelatin
¼ cup cold water
2 eggs
⅓ cup sugar
1 cup chopped canned pineapple
1 cup milk, scald
1 cup strawberries
1 teaspoon Watkins Lemon Extract
½ cup macaroon crumbs

Dissolve gelatin in cold water, stir into hot milk. Remove from fire. Beat egg yolks, add sugar and beat well. Stir into milk. Chill. Blend in fruit, lemon and stiffly beaten egg whites. Cover with crumbs. Chill. Serve with whipped cream, garnish with ripe berries.

Pistachio Parfait

½ cup sugar
½ cup water, dissolve and boil until syrup threads
2 egg whites beaten stiff
1¾ cups evaporated milk, scald
1½ cups whipped cream
Add little Watkins Green Color Mixture
½ teaspoon Watkins Almond Extract
½ cup chopped pistachio nuts
2 teaspoons Watkins Vanilla

Cook sugar and water to a syrup. Cool. Blend all ingredients. Freeze in refrigerator tray until mixture thickens. Beat well, then add whipped cream and nuts. Freeze 4 to 5 hours, beating every 45 minutes twice. Electric or hand freezer.

Watkins Frozen Strawberries

Pick over, wash and hull ripe strawberries. Mash or crush very fine and put through fine sieve. Add one third as much sugar as fruit and let stand one hour until the sugar is dissolved and forms a syrup. Freeze.

Watkins Strawberry Ice Cream

2 quarts ripe strawberries
2 cups sugar
3 pints thin cream
Few grains salt
2 tablespoons Watkins Vanilla

Wash and hull ripe strawberries. Mash and press through coarse sieve, add 1 cup sugar, let stand 1 hour for sugar to form syrup.
Scald thin cream in double boiler, add 1 cup sugar, few grains salt. When cold add Watkins Vanilla. Add strawberry mixture and freeze.

Watkins Strawberry Mousse (Refrigerator)

1½ cups strawberry pulp
¾ cup powdered sugar
Pinch salt
Juice 1 lemon
1 pint heavy cream

Put strawberries through sieve. Add sugar and let stand 1 hour. Soften 1 teaspoon gelatin in ¼ cup cold water. Stir and dissolve over hot water, stir into fruit. Add lemon juice. Whip cream stiff, add strawberry mixture, pour into mold and freeze in electric refrigerator. Peach pulp may be used.

Velvet Sherbet

2 cups sugar
2 cups milk
2 cups cream
Blend, chill mixture, then add strained juice of
3 lemons
1 orange

Blend the fruit juice with chilled cream mixture. Use hand freezer. Let mixture stand 2 hours after freezing to flavor.

Watkins Refrigerator Ice Cream Vanilla

2½ cups milk
1 cup sugar
⅓ cup Watkins Coconut Dessert
2 eggs
½ teaspoon gelatin (dissolved)
1 teaspoon Watkins Vanilla
1 cup whipping cream

Heat 2 cups milk and sugar. Add Watkins Coconut Dessert dissolved in ½ cup milk. Cook until mixture thickens. Cool. Add beaten eggs, gelatin, Watkins Vanilla. Pour into tray and freeze. Return to room temperature, beat. Add to stiffly beaten cream and beat until fluffy. Return to refrigerator and freeze. Recommended to mold overnight.

Chocolate (Refrigerator Ice Cream)

Same as Vanilla, using Watkins Chocolate Dessert.

Pineapple (Refrigerator Ice Cream)

Same as Vanilla with 2 cups water and 1 cup crushed pineapple instead of milk, using Watkins Lemon Dessert.

Cocoa Marshmallow Dessert (Refrigerator Ice Cream)

1 cup top milk
¼ cup Watkins Cocoa
16 marshmallows
1 teaspoon Watkins Vanilla
1 cup whipping cream

Blend milk and Watkins Cocoa and heat in saucepan. Stir in the cut marshmallows until dissolved. When cold stir in Watkins Vanilla and whipped cream. Turn into refrigerator tray, set control unit at 1. Beat mixture 3 times during the freezing. Will take 4 to 5 hours.

Maple Parfait

8 egg yolks
1 cup maple syrup
3 cups cream
2 teaspoons Watkins Vanilla
Few grains salt

Beat egg yolks using rotary whisk. Beat and pour hot syrup into egg yolks. Cook in double boiler until mixture will coat a spoon. Chill. Add cream and Watkins Vanilla. Use hand freezer. Let stand 2 hours to flavor.

Watkins Lime-Lemon Nectar Ice or Sherbet

½ cup Lime-Lemon Nectar
1 quart water
¼ teaspoon Watkins Green Color
1½ cups granulated sugar
2 egg whites, beaten stiffly

Boil sugar and water. Let cool, then add Watkins Lime-Lemon Nectar. When mixture is cold, freeze. When partly frozen, add beaten egg whites. Freeze. Let stand 1 hour to flavor. (Beaten egg whites may be omitted). Use hand freezer.

Velvet Texture Ice Cream Without Cream

Homemakers will be glad to know that ice cream can be frozen in mechanical refrigerator trays (or use a hand freezer), and be as smooth in texture as desserts frozen in the crank-type freezer.

Delicious ice cream and sherbet can be made with thoroughly chilled evaporated milk, using eggs, or gelatin, flour, or cornstarch as a substitute for heavy cream, which is off the market.

The secret of whipping irradiated evaporated milk is to thoroughly chill the milk. Pour the milk into a freezing tray, set the control to the coldest point, and chill the milk until fine ice crystals begin to form around the edge of the tray. Or place the unopened can in one of the freezng compartments until the milk is thoroughly chilled. Or pack the unopened can in ice and salt or pour the milk into a bowl surroundred with ice and salt. If the milk fails to whip, chill again thoroughly and re-whip. It is important to chill the bowl and the beater, as well as the milk. **Never dilute Evaporated Milk to be whipped.**

Whipped evaporated milk increases in volume about three times. It is rich in flavor, has a smooth creamy texture, and is nutritious. The undiluted milk contains twice the amount of whole milk nutrients, plus an extra amount of Vitamin D.

Ice Cream Without Cream

1 cup whole milk
2 eggs
6 tablespoons sugar
1 tablespoon cornstarch
2 teaspoons Watkins Vanilla
⅛ teaspoon salt
½ teaspoon Watkins Lemon Extract
1 cup undiluted evaporated milk—thoroughly chilled

Scald the whole milk over gently boiling water. Beat egg yolks until thick using a rotary beater. Beat in the sugar, a little at a time, add salt and cornstarch. Stir constantly, and add egg mixture slowly to milk—after stirring into the beaten eggs, 3 tablespoons of the warm milk. Stir and cook until the mixture coats a spoon—about 10 minutes. Remove from heat and cool. Strain and add flavoring. Add stiffly-beaten egg whites and fold into the cooled custard. Pour into the freezing trays of the automatic refrigerator and freeze until firm one inch around the edge of the tray. Scrape the partly frozen custard into a chilled bowl and beat briskly until smooth. Fold in the whipped thoroughly chilled evaporated milk, blend well, and return to the refrigerator tray. Continue freezing until firm. Set control at a low point. If the dessert is for luncheon, freeze mixture overnight.

Cream Sherbet With Evaporated Milk

- 1 cup granulated sugar
- 2 cups milk-not evaporated
- 1 tablespoon grated lemon rind
- 2 tablespoons granulated sugar for egg whites
- 8 tablespoons fresh lemon juice
- 2 egg whites, beaten stiff
- ½ teaspoon Watkins Lemon Extract
- 1 cup thoroughly chilled evaporated milk

Blend sugar and fresh milk and stir to dissolve. Stir constantly and add lemon rind and juice slowly. Add Watkins Lemon Extract. Pour mixture into the freezing tray and freeze until firm around edge of the tray. Beat egg whites stiff and beat in the 2 tablespoons sugar. Whip chilled evaporated milk and add the stiffly-beaten egg whites. Scrape frozen mixture into a chilled bowl and whip with a rotary beater. Stir in the whipped evaporated milk. Blend well and return to the refrigerator tray and freeze until firm.

Apricot Sherbet

- 16 marshmallows
- ¾ cup canned apricot juice
- 1 tablespoon honey
- 4 egg whites beaten stiff

Place cut marshmallows and apricot juice in top of a double boiler and heat over boiling water until melted. Remove from the fire. Add lemon juice, fruit pulp and honey. When cold pour into freezing tray. Chill. When mixture begins to freeze stir in the stiffly-beaten egg whites. Freeze until firm.

Orange Sherbet

- 2 egg whites beaten stiff
- ¾ cup light corn syrup
- Juice of 1 lemon
- ½ cup orange juice
- 2 cups evaporated milk—chill and whip

Beat egg whites until stiff, and slowly beat in the corn syrup and fruit juices. Beat in milk. Blend well and pour mixture into refrigerator tray. When half frozen, beat until smooth using a chilled bowl. Return to refrigerator tray and freeze until firm.

Peach Sherbet

- 3 cups canned peaches
- 1 tablespoon peach syrup
- 12 marshmallows
- 2 egg whites
- 1 tablespoon lemon juice
- ⅛ teaspoon salt
- 2 tablespoons granulated sugar

Drain peaches, mash pulp and reserve juice. Blend syrup with juice, add cut marshmallows and heat over hot water until marshmallows are melted. Cool. Add lemon juice and mashed peaches. Pour mixture into freezing tray and freeze until firm around edge. Fold in the stiffly-beaten egg whites whipped with the salt and sugar. Continue freezing and stir briskly two or three times during freezing.

Apricot or Peach Dessert

1 cup irradiated evaporated milk
2 tablespoons lemon juice
½ teaspoon Watkins Lemon Extract
1 cup sweetened fresh or dried fruit (cooked—drained) pulp, chilled

Chill milk thoroughly and whip until stiff. Add lemon juice and whip very stiff. Fold in chilled fruit pulp and Watkins Lemon Extract. Pour into freezing tray, set control to coldest point, and chill mixture until firm.

Whipped Milk for Puddings, etc.

1 cup irradiated evaporated milk—chilled
1 teaspoon Watkins Vanilla
3 tablespoons lemon juice
⅓ cup confectioners sugar

Whip chilled milk and Watkins Vanilla until stiff. Add lemon juice—a little at a time and whip briskly until stiff. Fold in sugar a little at a time. Chill.

Plain Vanilla Ice Cream

2 eggs
⅓ cup sugar
1½ cups milk
1 cup chilled evaporated milk, whipped
⅓ cup light corn syrup
1 tablespoon lemon juice
1 tablespoon Watkins Vanilla

Beat eggs with rotary beater. Gradually add sugar and beat until thick. Add syrup, milk, evaporated milk whipped, and stir in lemon juice. Pour into freezing tray. When frozen, remove to chilled bowl, add Watkins Vanilla and whip with rotary beater until mixture is creamy. Return to freezing tray to freeze.

Economy Ice Cream

2 eggs, separated
6 tablespoons sugar
¼ cup light corn syrup
1 cup top milk
2 teaspoons Watkins Vanilla
1 cup evaporated milk, chilled and whipped

Beat together all ingredients except egg whites. Place in freezing tray with dial set at coldest point. When mixture is firm, remove to a chilled bowl and beat briskly, then beat in egg whites beaten stiff. Return to freezing tray and freeze until firm.

Chocolate Ice Cream

1 14-oz. can evaporated milk, chill 6 hours
1 egg, beat separately
1 cup powdered sugar
2 teaspoons Watkins Vanilla
2 squares chocolate, melted with 1 tablespoon butter
Few grains salt

Beat evaporated milk in a chilled bowl until thick. Combine all ingredients and pour into refrigerator tray. Set control at lowest point. Stir mixture after 30 minutes. Return to freeze. If desired for luncheon, freeze overnight

The Lunch Box

Lunches, whether for school children or grown-ups, should contain substantial food that will be wholesome, nourishing and appetizing. The school lunch should be a real meal with enough variety to form a balanced diet.

A lunch should be packed in a well-ventilated, sanitary container to protect the food and to keep it compact and odorless on opening. Waxed paper should be used to wrap all food, and covered jelly glasses are excellent to use for baked beans, vegetable salad, applesauce, baked apple or for a pudding. Highly-seasoned and rich foods should not be placed in a lunch box. Plain, wholesome food is essential for health.

Milk in some form should be included in the daily school lunch—either plain milk, malted milk, or hot or cold Watkins Cocoa, which may be carried in a pint milk bottle or in a thermos bottle, using a straw for drinking. Milk is highly important because it supplies energy and contains the necessary mineral salts, with Vitamins A, B, C, D and G. Milk contains calcium which builds tooth and bone tissue; regulates heart and protects nerves. Fresh fruit in season is appetizing and healthful.

Hard cooked eggs, cooked 30 minutes, are as digestible as soft-boiled. Peeled, wrapped in a lettuce or cabbage leaf and waxed paper, they will make an appetizing salad. Cooked vegetables as a salad add a note of interest to a box lunch. Raw carrot sticks or celery sticks made crisp in cold water, dried and wrapped in waxed paper make a tasty accompaniment to a meat sandwich. Do not pack hot creamed meat, fish and poultry dishes as the food may sour when kept warm for several hours.

Sandwich Fillings

1. Minced tongue and green pepper, moistened with mayonnaise.
2. Peanut butter flavored with minced olives and horse-radish.
3. Peanut butter with minced cooked bacon.
4. Mashed baked beans flavored with mixed onion and sweet pickle or horse-radish and mustard.
5. Crab meat and minced cooked bacon, moistened with chili sauce.
6. Guava jelly, cream cheese, chopped pecans and little heavy cream well blended.
7. Tomato and crisp cooked bacon.
8. Heat finger rolls, split roll, spread with soft butter, add cooked veal or chicken salad; ham or fish salad, or hot hamburger. Season to taste.
9. Cook pineapple in butter, drain. Chop and add with cooked chopped chicken with little mayonnaise.
10. Cook canned lobster meat in butter 5 minutes. Cool. Add salt, Watkins Paprika, little sherry. Blend well.

The lunch box should contain sandwiches, a raw vegetable, a relish, fruit, pudding, cookies and a beverage.

If sandwiches are to be kept a long time, do not use lettuce or other salad greens. Use a mayonnaise dressing as the oil will not soak into the bread

For making sandwiches in quantities, wrap them in a napkin dipped in hot water and wrung dry. Or wrap in waxed paper and fasten with a rubber band.

Sandwiches-Canapes-Appetizers

White, whole wheat, brown, Graham, rye, nut, raisin or orange bread may be used. It is recommended all butter be thoroughly creamed in making sandwiches. Spread slice of bread before cutting from loaf, using thin layer of creamed butter. Cut another thin slice of bread, spread with filling, and cover with buttered slice of bread. Press slices of bread lightly together and cut in round, oblong, diamond, square, or narrow strips, triangle or crescents.

Sandwiches should be covered with waxed paper, then a damp cloth. Keep in refrigerator in covered container. For picnics it is advisable to wrap individual sandwiches in waxed paper.

SANDWICH SECRETS

1. Use bread one day old.
2. Let butter stand one hour in room temperature and cream thoroughly, do not melt butter.
3. Use plenty of filling and spread to edge.
4. For thin sandwiches spread loaf with creamed butter; then slice. Butter each slice of bread.
5. Lettuce keeps sandwich moist. Have lettuce crisp.
6. Do not have fillings too moist or too dry.
7. Toasted sandwiches should be spread with filling but no butter. Spread outside with melted butter and toast in oven.
8. The secret of good sandwiches is in having filling well seasoned. Use **Watkins Pepper, Watkins Celery Salt, Watkins Onion Seasoning, Watkins Dry Mustard and Watkins Paprika.**

TEN BASKET SCHOOL LUNCHEON SUGGESTIONS

1. Sliced ham, potato salad, crisp crackers with jelly, raw carrot, **Watkins Lemon Dessert** Tart. Apple.
2. Chopped chicken or veal sandwich, buttered nut bread, stuffed celery, raw tomato, **Watkins Coconut Dessert** Pie. Pear.
3. Bacon with whole wheat bread, peanut butter with white bread. Fruit salad, stuffed eggs with lettuce, **Watkins Chocolate Dessert** Tart.
4. Sliced cold chicken with buttered white bread, cream cheese with jelly on nut bread, raw carrot, **Watkins Lemon Dessert** Pie. Banana.
5. Sliced corned beef with white bread, whole wheat bread with butter, raw tomato, cold macaroni loaf, **Watkins Coconut Dessert** Tart. Grapes.
6. Salmon and celery with whole wheat bread, jelly or jam with white bread, stuffed eggs, **Watkins Paprika, Watkins Lemon Dessert** Filling as sandwich with crisp crackers. Orange.
7. Hamburger loaf with white bread, spring onions, spaghetti cooked with tomato sauce, **Watkins Coconut** cookies. Apple or Pear.
8. Sliced cold meat, cream cheese and jelly, fruit salad, **Watkins Chocolate** cookies. Banana.
9. Devilled beef with little **Watkins Mustard** on white bread. Cream cheese and crisp crackers, **Watkins Dessert** Tart. Apple. Celery hearts.
10. Rolls with chicken or veal salad filling, jelly with whole wheat bread, raw carrot, apple tart with **Watkins Shredded Coconut.**

Butter Spreads for Fancy Sandwiches

1. Lemon Butter—Cream ¼ cup of butter with 2 teaspoons lemon juice and grated rind of ¼ lemon.
2. Onion Butter—Cream ½ cup of butter with 1 teaspoon minced onion.
3. Parsley Butter—Cream ¼ cup of butter with 2 tablespoons minced parsley.
4. Cheese Butter—Cream ¼ cup of butter with ¼ cup snappy cheese. Watkins Paprika.
5. Anchovy Butter—Cream ¼ cup of butter with 1 tablespoon anchovy paste, ½ teaspoon lemon juice and a dash of Watkins Paprika
6. Shrimp Butter—Cream ¼ cup of butter with ¼ cup finely minced cooked shrimp, and 1 teaspoon lemon juice. Dash Watkins Paprika.

Open Sandwiches

For open sandwiches, use lobster, crab meat, shrimp, grilled bacon, ham, sardines, chicken or turkey. Watkins Celery Salt, Watkins Onion Seasoning. Blend with little salad dressing, add Watkins Paprika.

Broiler Sandwiches

½ pound hamburger
¼ cup water
Salt
Watkins Pepper
Partly cook meat
1 tablespoon chopped onion
Toasted bread on one side
Watkins Paprika
Will serve 4

Toast bread slices only on one side. Spread the untoasted side with generous amount of soft butter, then a little prepared mustard. Spread the above blended mixture on untoasted slice, cover well. Add ½ teaspoon of butter to top each sandwich. Broil under moderate heat 5 minutes for rare meat, 6 for medium, 7 for well done. Add dash Watkins Paprika, serve at once. Crisp celery hearts or crisp carrot sticks and lettuce or tomato salad would be appetizing.

Open Cheese Sandwiches

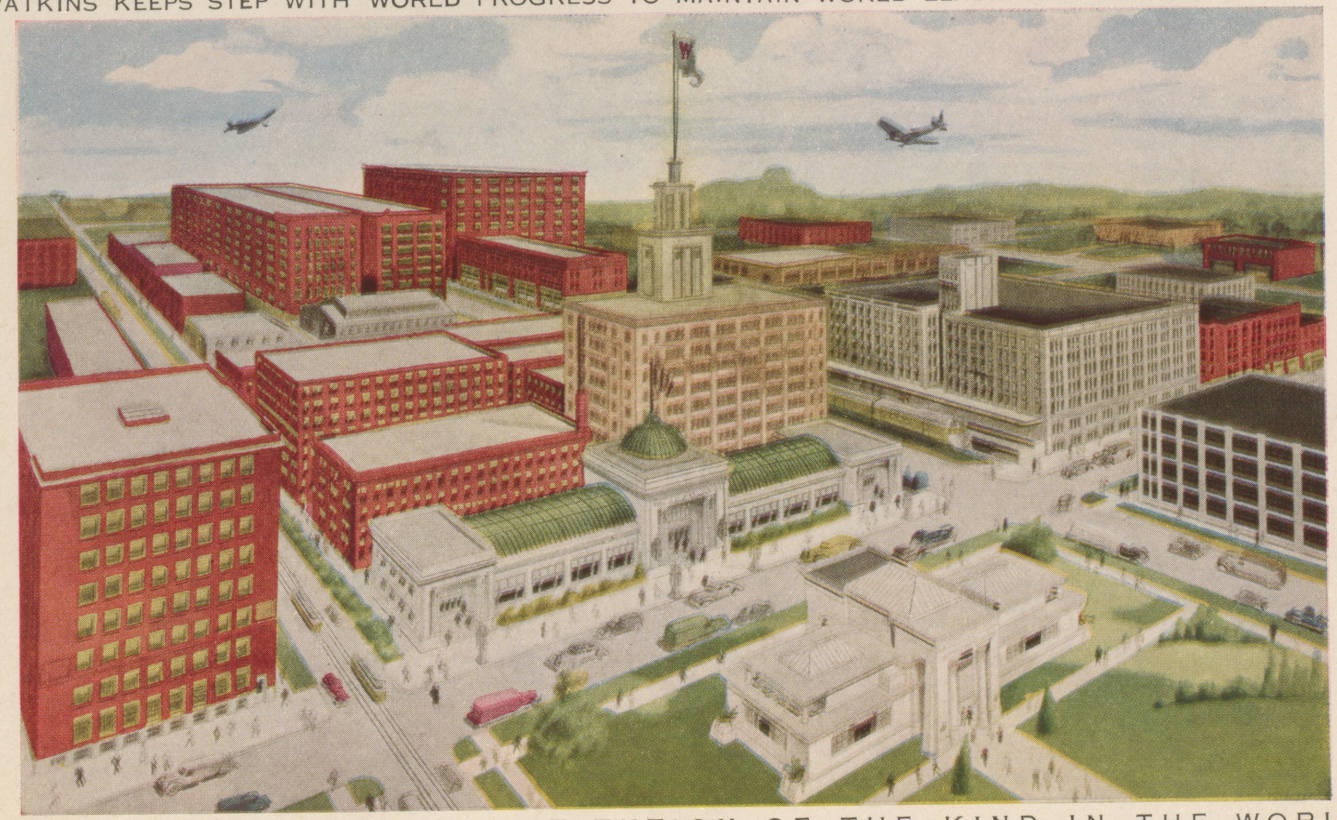
3 eggs
¾ pound cheese grated
1½ teaspoons Worcestershire Sauce
½ teaspoon salt
½ teaspoon Watkins Paprika
6 slices bread cut ⅓ inch thick

Beat eggs, stir in cheese and seasoning. Spread above mixture on buttered bread toasted only on one side. Add diced partly cooked bacon. Broil under medium heat. Serve hot.

Tomato Sandwich

Peel, slice thin and place a thin slice of onion over the tomato. Use buttered bread or toast.

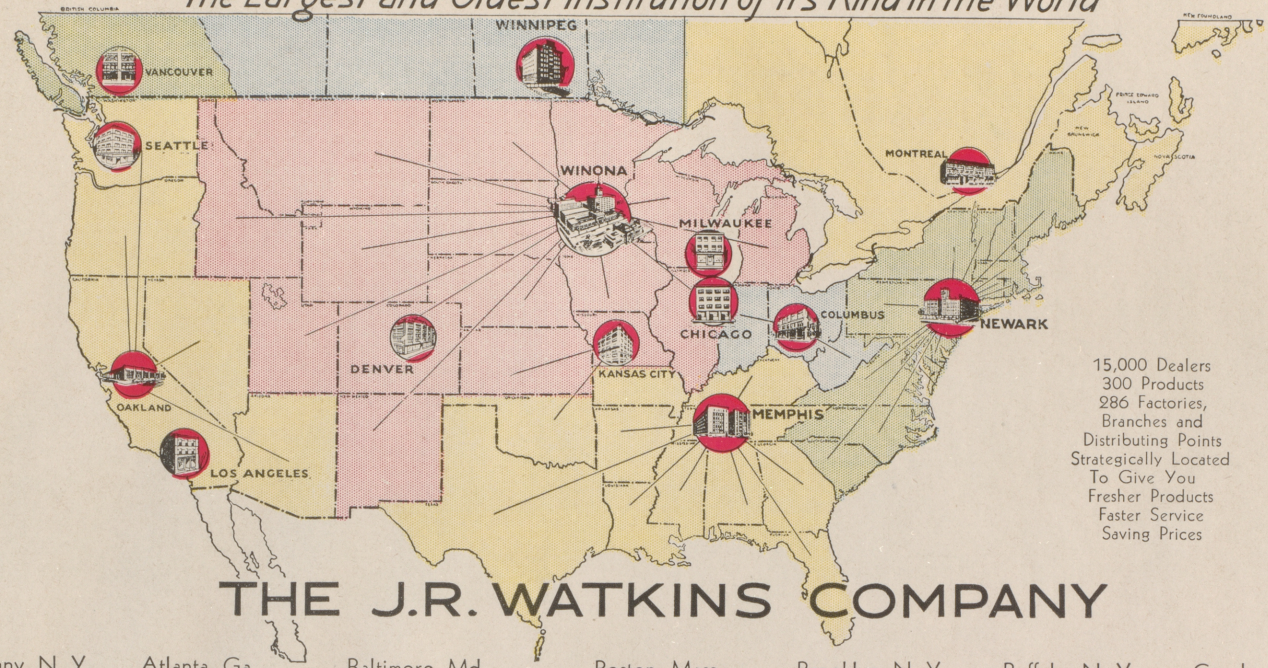
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Anchovy Paste

Add little lemon juice and spread on small rounds of toasted bread or crackers. Garnish with pieces of pimento olive.

Broiled Open Sandwiches

Ripe tomatoes
Mayonnaise
Watkins Paprika
Sliced cheese
Bacon

Toast bread slices on one side. Spread the untoasted side with mayonnaise and slice of ripe tomato, sprinkle with little salt. On top of tomato, place thin slice of cheese and 2 strips of partially cooked bacon. Toast in broiler until cheese is melted. Serve hot.

Hot Cheese Sandwich

Watkins Paprika

Spread two slices bread lightly with creamed butter. On unbuttered side place slice of American cheese. Place second slice of bread over cheese with buttered side out. Watkins Paprika. Place sandwich in broiler, brown on both sides. Do not melt cheese too much.

Cheese Filling for Sandwiches

Small amount Roquefort, American or cream cheese
1 tablespoon butter (creamed)
Watkins Paprika

Mix thoroughly to smooth paste, and place between slices of buttered bread.

Grilled Cheese Sandwiches

Cheese sliced
Watkins Paprika
Brown or white bread sliced

Place cheese between two thin slices of bread. Butter outside of sandwiches lightly, brown in oven.

Chicken Sandwiches

1 cup finely chopped cooked chicken
Enough mayonnaise to moisten mixture
Little salt
Watkins Paprika
¼ cup pimento olives (chopped fine) or 2 hard boiled egg yolks, mashed
Watkins Celery Salt

Use thin slices of bread spread with creamed butter, then chicken mixture. Lettuce may be used if desired. Cooked veal, chopped fine, may be substituted for chicken.

Bacon Sandwich

Broil bacon and drain on brown paper. Use as a filling on buttered white or whole wheat bread. A little boiled salad dressing with crisp lettuce may also be used with the bacon.

Scrambled Egg and Bacon

For each sandwich, use a beaten egg, a little salt, Watkins Pepper and diced cooked bacon. Scramble the egg, adding seasoning and bacon and spread between slices of buttered bread.

Cooked Chicken, Tongue, Ham or Cooked Veal Sandwiches

Make a filling of chopped meat—three parts meat to one part chopped crisp celery, with enough boiled or mayonnaise dressing to moisten. Use leaf of crisp lettuce and buttered white bread.

Cream Cheese and Currant Jelly Sandwich

Blend two parts cheese and one part jelly and spread between lightly-buttered bread.

Grilled Sardines on Toast

Slice bread and toast lightly
Sardines, boneless and skinless
Blend
Watkins Dry Mustard
Melted butter
Little lemon juice
Salt
Watkins Paprika

Blend seasoning to suit taste, spread on toast, cut in 1x3 inch strips. Cover with a half sardine, sprinkle with a little lemon juice. Place under broiler, serve immediately. Add a dash of Watkins Paprika.

Ripe Olive Sandwiches

Ripe or green olives
Cream cheese
Bread sliced thin

Cut olives very thin. Spread one side of bread lightly with butter, then chopped ripe olives and cream cheese well blended.

Cake Sandwiches, Sponge Cake or Angel Food

Bake cake in baking pan day before using. Cut cakes in fancy shapes, small like a dainty sandwich. The leftover bits from making sandwiches may be used in a cake pudding. Use Watkins Cake Frosting as filling. Decorate with chopped nuts, candied cherry, pineapple or almond.

Caviar Sandwiches

¼ pound caviar
2 tablespoons lemon juice
Watkins Paprika
3 tablespoons olive oil

Blend all ingredients, spread on thin round white bread with little creamed butter.

Cinnamon Toast Sticks

¼ cup butter
⅓ cup chopped walnuts
½ cup granulated sugar
1 teaspoon Watkins Cinnamon

White or whole wheat bread. Cream butter, add sugar which has been mixed with Watkins Cinnamon, to a paste. Cut bread into 1½ inch strips, toast. Spread with above paste, sprinkle with nuts and return to oven to melt. Serve immediately.

Club Sandwiches

Lettuce
Mayonnaise
Chicken, sliced (cooked)
Bacon (cooked)
Toast
Watkins Paprika

Toast thin slices white or whole wheat bread, spread one side with little creamed butter, lettuce leaf, little mayonnaise, thin slices of chicken, another slice toast, little mayonnaise, slice tomato and two strips of bacon. Watkins Paprika. Cover with slice buttered toast.

Crab Flake Sandwiches

1 cup crab meat
1 hard cooked egg
Salt
Salad dressing
Horse-radish sauce
Watkins Paprika

Shred crab meat, add hard cooked egg, put through ricer; little salt, sufficient salad dressing to make heavy paste. Little horse-radish sauce. Make open sandwich using small round white bread, sprinkle top with little Watkins Paprika.

Different Sandwiches

Cut white bread very thin, spread with filling made of pate de foie gras, cream cheese, chopped pimento, chopped cooked mushrooms, little boiled salad dressing. Watkins Paprika.

Egg Sandwiches

Hard cooked eggs
Little salt
Mayonnaise
Watkins Mustard

Put hard cooked eggs through ricer, add little salt, mayonnaise dressing, little Watkins Mustard. Use whole wheat or white bread.

Hot Fruit Sandwiches

Use stewed dried apricots or peaches with toasted buttered bread. Marmalade makes delicious filling.

For Children's Picnic

Crisp bacon
Whole wheat bread
Ripe banana
Peanut butter

Cut crisp bacon fine, add mashed, ripe banana. Butter thin slices of bread, spread one side with peanut butter, add banana-bacon mixture. Cover with slice of bread, spread top with butter and toast.

Fruit Sandwiches

Figs, chopped
Lemon juice
Bread
Dates may be used
Orange juice

Remove stems and chop figs, add little water and cook in double boiler adding few drops lemon juice. When cold spread on thin slices buttered bread. Dates may be used, remove pits, chop, and moisten with orange juice.

Goose Liver

Prepared goose liver in jars makes delicious filling for sandwiches.

Green Pepper and Egg Sandwich Filling

2 hard boiled eggs
Watkins Paprika
½ green pepper, chopped fine

Mix with little mayonnaise and spread on sliced buttered bread.

Jam and Cheese Sandwiches

Bar le duc, currant or strawberry jam
Cream cheese
Chopped walnuts

Bar le duc, currant, or strawberry jam mixed with cream cheese makes excellent filling for sandwiches. Marmalade may be used or chopped green or ripe olives with cream cheese or chopped walnuts mixed with cream cheese.

Ham and Swiss Cheese

Swiss cheese
Ham
White or rye bread
Butter
Watkins Prepared Mustard

Cream butter, spread on white or rye bread, cover with slice Swiss cheese, add little salt. Butter another slice of bread, cover with slice ham with Watkins Mustard, combine, cut in desired shapes.

Hot Lobster Sandwiches

1 pound can lobster
2 tablespoons butter
Salt
2 tablespoons cooking sherry
Watkins Paprika
Toast
Mayonnaise

Flake lobster and heat in butter. Add sherry, salt, spread on buttered toast with lettuce and little mayonnaise. Serve immediately.

Rolled Asparagus Sandwich

Spread thin slices of bread with creamed butter (remove crusts). Drain canned asparagus tips and roll one in each square of bread. Roll and place in the ice box to harden the butter. These sandwiches are delicious toasted. Place under broiler with a low fire, turn on four sides to brown lightly and serve hot.

Rolled Philadelphia Cream Cheese Sandwiches

Prepare as for asparagus sandwiches with dash of Watkins Paprika and have the cheese spread well on the edge to keep the sandwich closed. Serve plain or toasted.

Chicken or Fish Salad Sandwiches

Watkins Pepper
Salt
Watkins Paprika

Season chopped cooked or canned chicken or minced canned tuna fish with Watkins Pepper, salt, Watkins Paprika, diced crisp celery, little mayonnaise dressing. Blend all the ingredients. Spread between buttered slices of bread, place a piece of crisp lettuce in center of each sandwich.

Tuna Fish Sandwiches

1 can tuna fish
1 small stalk celery
10 green olives
Little salt
Mayonnaise
Watkins Paprika

Soak celery, which has been cut in small pieces, in ice water. Cut olives. Use enough mayonnaise to hold mixture together. Use on buttered bread with lettuce.

Onion Sandwich

1 medium size green pepper, chopped
½ small onion, chopped
Juice of ½ lemon
Salt
Watkins Pepper
1 package cream cheese
1 tablespoon cooked salad or mayonnaise dressing

Blend the green pepper, onion, lemon juice and seasoning and chill. Blend the mixture, adding more cheese to suit taste. Spread on thinly-sliced, buttered bread, roll and toast under broiler with low fire—turn to brown.

Vegetable Sandwich Filling

Peel and crisp carrots in cold water. Grate the carrots and blend with shredded crisp cabbage or chopped raisins. Boiled salad dressing may be used or mayonnaise.

Nuts and Olives

½ cup ripe olives
1 sweet green pepper
1 cup blanched almonds
½ cup pimento olives
1 ripe apple
Little salt
Mayonnaise to make paste

Cut olives, pepper and pimento olives fine. Chop almonds and peel, core and cut apple fine. Add little lemon juice. Spread on thin slices buttered bread with little crisp lettuce.

Broiled Meat Sandwiches

1¾ pounds lean beef
1 egg
1¼ teaspoons salt
Watkins Black Pepper
Watkins Red Pepper
Watkins Onion Seasoning
1 tablespoon butter
Watkins Mustard

Grind meat through chopper several times. Add beaten egg, melted butter and seasoning. Spread sandwich bread with creamed butter, cover one side of bread with mixture. Cook open sandwich under broiler, cover with piece buttered bread, toast to light brown. Turn, toast bread on other side, cut in diagonal pieces, serve on hot plate.

Toasted Orange Sandwiches

Wash, grind one orange, removing seeds and white. Add 4 or more tablespoons sugar. Use mixture to spread between slices of buttered bread. Toast.

Peanut Butter Sandwiches

A filling for rolled white bread is peanut butter with or without orange marmalade or peanut butter with crisp bacon. Also Guava jelly and cream cheese is a popular filling for rolled sandwiches or cream cheese with jam or jelly. Thin sliced pineapple and white meat of chicken or turkey with Watkins Paprika or Watkins Mustard.

Ribbon Sandwiches

Cream cheese
Butter
Graham and white bread

Graham and white bread alternate. Cut bread thin, cream butter and spread inside of each slice. First, white slice buttered. Second, cream cheese filling. Third, Graham slice buttered.
Cut in long strips before serving. Press together. Keep covered until ready to use.

Shrimp Appetizer

6 medium-sized shrimps
2 tablespoons lemon juice
2 tablespoons mayonnaise
½ teaspoon horse-radish
Drop of Tobasco Sauce
6 small toast rounds
1 tablespoon chopped parsley

Remove intestinal vein from shrimp. Dip in lemon juice then in mayonnaise to which horse-radish and tobasco have been added. Place a shrimp on each toast round and sprinkle with chopped parsley. Small shrimps may be used if desired.

Cheese and Bacon Canape

Philadelphia cream cheese
Crisp-fried chopped bacon
A little cream
Watkins Paprika

Blend all the ingredients, serve on crisp toast squares; on crisp crackers or as filling for tiny baking powder biscuits. Serve hot and buttered.

Bacon and Cheese Canape

2 cups boiling milk
¼ pound diced bacon
¼ pound Swiss cheese
2 egg yolks
Watkins Paprika

Blend all the ingredients as for a Welsh rarebit stirring constantly and cook over low fire. Serve hot on hot crackers. Dash Watkins Paprika.

Pecan Cheese Canapes

Press two large pecan meats with cream cheese. Chill and serve.

Dried Beef and Cheese Roll

Cream cheese
Watkins Paprika
Little horse-radish

Blend cheese, horse-radish and Watkins Paprika with a little heavy cream. Roll a strip of dried beef around a small amount of cheese mixture and fasten with a toothpick. Chill. Remove pick.

Stuffed Egg Canapes

4 hard cooked eggs
Mayonnaise dressing
2 teaspoons crisp cooked bacon, chopped
Watkins Paprika

Cut eggs in half. Blend yolks with mayonnaise and bacon, add salt to taste. Fill egg cups and add a dash of Watkins Paprika. Or blend yolks with caviar; anchovy paste and mayonnaise. Chill. Add dash Watkins Paprika.

Steak Rolls

Thin steak with Watkins Paprika is rolled around a dill pickle, wrapped in bacon and broiled. When cooked the dill flavor permeates meat.

Cookies

Dough for cookies should be thoroughly chilled before rolling, as it requires less flour on the board.

Almond Cookies

1 cup butter
⅔ cup sugar
3 egg yolks
2½ cups flour (sifted)
⅓ cup grated almonds
½ teaspoon Watkins Lemon Extract
½ teaspoon Watkins Almond Extract

Cream butter and sugar thoroughly, add well-beaten egg yolks, then almonds. Add sifted flour, 1 tablespoon at a time mixing well. Add flavoring. Place in cookie pastry tube and form into shape. Bake in quick oven.

Almond Tea Cookies

14 ounces or little less than pound of butter
¾ pound of ground almonds (not blanched)
½ cup sugar
3 cups flour (sifted)
Pinch salt
1 teaspoon Watkins Almond or Vanilla Extract

Cream butter, slowly add sugar, mix well. Add almonds, work in flour, salt which have been mixed. Place on lightly floured board, roll to one half inch thickness. Cut in finger lengths, bake in moderate oven about 20 minutes. Partly cool, roll in powdered sugar.

Bran Date Bars

1 cup flour (sifted)
⅓ teaspoon salt
2 teaspoons Watkins Baking Powder
1½ cups sugar
1 cup bran
1½ cups chopped dates
1 cup chopped walnut meats
4 eggs, yolks and whites beaten separately
¼ cup milk
1 teaspoon Watkins Vanilla or Almond Extract

Beat egg yolks, beat in sugar. Add sifted dry mixture alternately with milk. Add dates, nuts and lastly, beaten egg whites. Turn into shallow greased baking pan and bake in moderate oven. When cool cut in strips and brush with powdered sugar.

Butter Cookies

1 cup butter
1 cup granulated sugar
1 teaspoon Watkins Cream of Tartar
2 eggs
2¼ cups flour (sifted)
½ teaspoon soda
½ teaspoon Watkins Vanilla
½ teaspoon Watkins Lemon Extract

Cream butter, add sugar and beat well. Add beaten eggs then sifted dry ingredients. Chill dough. Roll thin on lightly floured board. Cut, sprinkle with sugar, decorate with bits of candied cherry. Bake on greased cookie sheet 8 to 10 minutes in 375 degree F. oven. Keep in covered tin. Less flour used, more crisp the cookies.

Brown Sugar Cookies

2 cups sifted flour, less if possible
1½ teaspoons Watkins Baking Powder
⅛ teaspoon salt
½ cup butter
½ cup brown sugar, pack in cup
1 egg
1 tablespoon cream
1½ teaspoons Watkins Vanilla

Blend 1 cup flour, Watkins Baking Powder, salt. Cream butter, beat in sugar. Beat in egg, Watkins Vanilla and cream. Stir in flour, and enough more to make dough stiff enough to roll. Wrap in waxed paper, chill several hours. Place on lightly floured boards, roll ⅛ inch in thickness, use floured cutter. Place on ungreased baking sheet, sprinkle with granulated sugar. Bake about 8 minutes in 375 degree F. oven. When cold, keep in covered tin box.

Plain Sugar Cookies

For plain sugar cookies, follow above recipe, but use 1 cup granulated sugar instead of brown sugar.

Spice Sugar Cookies

Follow recipe for Brown Sugar Cookies, use 1 cup granulated sugar, omit Watkins Vanilla and add ¼ teaspoon each of Watkins Cinnamon, Allspice and Cloves.

Brown Sugar (Drop) Cookies

2 cups brown sugar
1 cup butter
3 eggs
5 cups flour (sifted)
½ teaspoon salt
1 teaspoon soda
¼ cup milk
1 teaspoon Watkins Vanilla

Cream butter, slowly add sugar, well-beaten eggs, milk. Sift flour with salt and soda, add Watkins Vanilla. Drop by spoon on greased pan and bake in moderate oven.

Watkins Butterscotch Cookies

1 can (14 ounce) sweetened condensed milk
2 level tablespoons Butterscotch Dessert
1½ packages Watkins Shredded Coconut
1 teaspoon Watkins Vanilla

Blend dessert with 3 tablespoons cold water. Add ¼ can of the milk and cook 3 minutes, stirring constantly. Cool. Stir in the remaining milk, and other ingredients. Blend well. Drop by teaspoon on buttered cookie sheet and bake 12 minutes in a moderate oven, 350 degrees F. Keep in tin box.

Watkins Chocolate Or Watkins Lemon Dessert Cookies

Follow above recipe substituting either Desserts for Butterscotch.

Brownies

1 cup butter
2 cups granulated sugar
4 eggs
1½ cups (sifted) flour
½ teaspoon Watkins Baking ing Powder
¼ cup Watkins Cocoa
Pinch salt
1 cup walnut meats
1 teaspoon Watkins Vanilla

Cream the butter and sugar. Add the well-beaten eggs. Sift the dry ingredients and blend the entire mixture. Spread thin in a greased, paper-lined pan. Bake in a hot oven, 400 degrees F., about 15 to 20 minutes.

Butter Crisps

2 tablespoons melted butter
1 cup sugar
2 eggs
⅛ teaspoon salt
2½ cups rolled oats
2 teaspoons Watkins Baking Powder
1 teaspoon Watkins Almond Extract

Cream the butter and sugar together. Add the egg yolks and beat briskly, then the rolled oats, salt and Watkins Baking Powder blended together. Add the flavoring and stir in the beaten egg whites. Blend the mixture and drop from spoon on a greased baking sheet. Leave room for spreading. Bake about 10 minutes in a 375 degree F. oven.

Brownies

3 eggs
½ cup melted butter
1 cup sugar
½ cup sifted flour
Few grains salt
½ cup Watkins Cocoa, blended with 3 tablespoons hot water
1 cup cut nut meats
1 teaspoon Watkins Vanilla

Melt butter, beat in the sugar and mix well. Add eggs one at a time and beat briskly. Then add sifted flour, cocoa, water and nuts. Bake in a buttered square 9x9 tin about 35 minutes in a 325 degree F. oven. When cold cut in squares.

Butterscotch Bars

¼ cup butter
1 cup light brown sugar, pack in cup
1 egg
1 cup flour (sifted)
⅛ teaspoon salt
1 teaspoon Watkins Baking Powder
1 teaspoon Watkins Vanilla
¾ cup chopped pecans

Melt the butter over hot water, cool, then stir in the sugar. Add egg and beat briskly, then add flavoring. Add remaining ingredients blended together. Spread on oiled cookie sheet and bake in a 325 degree F. oven. Cut while warm. When cold, keep in covered tin box.

Butterscotch Brownies

⅔ cup butter
⅔ cup light brown sugar
⅔ cup dark corn syrup
2 eggs
1½ cups flour (sifted)
1 teaspoon Watkins Baking Powder
1 cup cut walnut meats
1 teaspoon Watkins Vanilla

Cream the butter and slowly beat in the sugar. Add the corn syrup then the beaten eggs, sifted dry ingredients and the nuts. Add the flavoring. Pour the well blended mixture into a buttered pan. Bake in a 325 degree F. oven about 20 to 25 minutes and cut in squares.

Cocoa Brownies (With Brown Sugar)

3 eggs
1¼ cups light brown sugar
1 teaspoon Watkins Vanilla
½ cup flour (sifted)
Few grains salt
1 teaspoon Watkins Baking Powder
½ cup Watkins Cocoa
1 cup cut walnut meats

Beat the eggs and add the sugar and flavoring. Add the flour, salt, Watkins Baking Powder and Watkins Cocoa sifted together. Blend the ingredients and add half the nuts. Pour into a buttered square pan and sprinkle with remaining nuts. Bake in a 325 degree F. oven, about 22 minutes. Cut in squares.

Christmas Cookies

1 cup butter
2 eggs
1 cup sugar
1 teaspoon Watkins Vanilla, Lemon or Almond Extract
½ cup blanched almonds
2½ cups flour (sifted)
2 teaspoons Watkins Baking Powder
1 teaspoon Watkins Cinnamon

Cream butter, add sugar then well-beaten eggs, nuts and Watkins Vanilla. Sift flour, salt, Watkins Cinnamon, Watkins Baking Powder and mix thoroughly.
Roll on floured board, cut in fancy shapes, brush over dough with white of egg. Bake in greased pan in 375 degree F. oven about 10 minutes.

Cocoanut Cookies

½ cup shortening
1 egg, well beaten
1 cup light brown sugar
¼ teaspoon salt
2 cups flour (sifted)
¼ teaspoon Watkins Baking Powder
1 cup Watkins Shredded Coconut
1 teaspoon Watkins Vanilla

Cream butter, beat in sugar, add egg. Add sifted dry ingredients. Blend entire mixture. Roll ⅛ inch thick. Place on floured board, use floured cutter. Bake 8 to 10 minutes in 375 degree F. oven.

Caramel Cookies

2 cups light brown sugar
½ cup butter
½ cup lard, melt
½ teaspoon soda
1 tablespoon water
3 cups flour (sifted)
2 eggs
¼ teaspoon Watkins Nutmeg
1 teaspoon Watkins Cream of Tartar
1 teaspoon Watkins Vanilla

Melt shortening, add sugar, beat well. Add beaten eggs. Add sifted dry ingredients. Blend as for any cookie dough. Make into rolls, let stand overnight in refrigerator, slice and bake. Bake in 375 degree F. oven, 8 to 10 minutes.

Chocolate Cookies

1 cup light brown sugar
½ cup butter
1 tablespoon cream
½ cup milk
1½ cups flour (sifted)
½ cup Watkins Cocoa
1 egg
1 teaspoon Watkins Vanilla
¾ cup chopped walnut meats
1½ teaspoons Watkins Baking Powder
⅓ teaspoon salt

Cream butter, beat in sugar. Add egg, beat well. Add cream, Watkins Vanilla. Add sifted ingredients, just enough more sifted flour to make dough stiff enough to roll. Use floured cutter, place on ungreased cookie sheet, sprinkle with sugar. Bake about 10 minutes in 400 degree F. oven.

Cocoa Drop Cookies

6 tablespoons butter
3 eggs, well beaten
1 cup sugar
1 tablespoon milk
2 cups sifted flour
⅓ teaspoon salt
3 tablespoons Watkins Cocoa
¼ teaspoon salt
2 teaspoons Watkins Baking Powder
2 teaspoons Watkins Vanilla

Cream butter, slowly beat in blended sugar and Watkins Cocoa. Add well beaten eggs. Add sifted dry ingredients alternately with milk and Watkins Vanilla. Blend well. Drop by teaspoon on an oiled baking sheet, allow room to spread. Sprinkle chopped nuts over top or add half an English walnut to each cookie.
Bake about 12 minutes in a 375 degree F. oven. One half cup, firmly packed brown sugar may be substituted for white sugar.

Watkins Cocoa Frosting

1 egg
2 cups (scant) sifted powdered sugar
2½ tablespoons Watkins Cocoa
⅛ teaspoon salt
Soft butter size of walnut
1 teaspoon Watkins Vanilla
1 tablespoon cream

Beat egg until foamy and blend all the ingredients, stirring vigorously. Add cream and beat until consistency to spread.

Cocoanut Macaroons

2 egg whites
1 cup sugar
1 cup Watkins Shredded Coconut
2 cups corn flakes
½ teaspoon salt
1 teaspoon Watkins Vanilla

Beat egg whites, blend all ingredients. Drop on well greased bake sheet, about 3 inches apart. Bake in 325 degree F. oven about 12 minutes to a light brown.

Cocoanut Corn Flake Cookies

½ cup butter or other shortening
1 cup light brown sugar (pack)
1 egg
⅓ cup milk
1 cup Watkins Shredded Coconut
1½ cups corn flakes
1½ teaspoons Watkins Vanilla
½ teaspoon salt
¼ teaspoon soda
1 teaspoon Watkins Baking Powder
1½ cups flour (sifted)

Cream the shortening, add sugar gradually, stirring all the time. Add well beaten egg, milk, corn flakes, Watkins Coconut and Vanilla. Mix and sift dry ingredients and add to the first mixture. Drop from a teaspoon on a well-greased pan about 3 inches apart and bake in a moderate oven about 15 minutes. Will make 4 dozen.

Crisp Cookies

1 cup butter
2 cups sugar
3 eggs
4 cups flour (sifted)
1 teaspoon Watkins Baking Powder
1 teaspoon Watkins Vanilla, Almond or Lemon Flavoring

Cream butter, slowly add sugar, beaten egg yolks. Fold in stiffly beaten egg whites, flavoring. Blend thoroughly. Chill. Roll on lightly floured board, brush dough with white of egg. Decorate dough with chopped nuts or Watkins Shredded Coconut, bake until light brown. 8 to 10 minutes, 375 degree F. oven.

Spice Drop Cookies

¾ cup light brown sugar
½ cup butter
1 egg, well beaten
¼ cup milk
2 cups flour (sifted)
½ teaspoon soda
1 teaspoon Watkins Baking Powder
1 teaspoon Watkins Cinnamon
1 level teaspoon Watkins Nutmeg
¼ teaspoon Watkins Cloves
Pinch salt
½ cup raisins
¼ cup citron
1 teaspoon Watkins Vanilla

Cream butter, beat in sugar. Beat in egg, Watkins Vanilla. Add sifted dry ingredients rubbed with fruit, alternately with milk. Beat well. Drop from teaspoon on greased baking sheet. Bake 10 to 12 minutes in a 375 degree oven. ¾ cup chopped nuts may be added instead of fruit.

Cream Puffs or Eclairs

½ cup butter
1 cup water
1 cup flour (sifted)
⅛ teaspoon
4 eggs
⅓ teaspoon Watkins Vanilla

Dough may be wrapped in waxed paper and placed in refrigerator

Place boiling water, butter, salt in a heavy saucepan, stir over heat. When mixture boils vigorously, add sifted flour all at once, stirring briskly. Stir constantly until dough forms a soft ball and leaves sides of pan clean. Do not over cook. Remove from fire, turn into a mixing bowl, cool 2 minutes. Beat in eggs, one at a time, beat briskly until mixture thickens and becomes stiff. Requires rapid beating. With two spoons shape on ungreased baking sheet, leave 2 inch space to spread. Bake in a very hot oven, 450 degrees F., 15 minutes, then reduce heat to 350 degrees F., and bake 20 to 25 minutes.

When cold, cut side of shell, fill center with sweetened whipped cream adding Watkins Vanilla. Center should be moist, but not soggy.

Or fill with Watkins Lemon, Chocolate, Coconut, or Butterscotch Dessert Filling.

For miniature puffs, drop ½ teaspoon of dough on ungreased sheet, bake one half of the time. Fill with whipped cream; or marmalade.

For hors d'oeuvres, fill with seasoned cream cheese, and a dash of Watkins Paprika.

For Eclair Shells

Follow above recipe, form into strips, ¼ inch, reduce heat as for miniature puffs.

Bake 15 minutes in a 450 degree F. oven, reduce heat to 350 degrees F., and bake about 10 minutes.

Date Filled Cookies

¾ cup butter
1½ cups flour (sifted)
1½ cups quick oatmeal
1 cup brown sugar
4 tablespoons milk
1 teaspoon soda
2 level teaspoons Watkins Baking Powder

Blend all ingredients like pie crust. Roll thin on lightly floured board cut with round cookie cutter, place teaspoon of date filling on cookie, cover with dough and bake in moderate oven.

FILLING:

1 cup granulated sugar
½ teaspoon Watkins Vanilla
1 package dates (remove stones and cut)
1 cup water

Cook this mixture until thick, cool add flavoring.

Watkins Cocoa Kisses

1 can sweetened condensed milk, 15 ounce
5 tablespoons Watkins Cocoa
Pinch salt
1½ packages Watkins Shredded Coconut
1 teaspoon Watkins Vanilla

Stir in small amount of Watkins Coconut at a time. Blend all ingredients. Drop from spoon on greased cookie sheet and bake 8 minutes in moderate oven. When cold place in a tin box. Cookies should be soft.

Watkins Cocoanut Cookies

⅔ cup shortening
1 cup sugar
2 eggs
⅓ cup milk
3 cups flour (sifted)
2 teaspoons Watkins Baking Powder
½ cup Watkins Shredded Coconut
½ teaspoon salt
½ teaspoon Watkins Lemon Extract
½ teaspoon Watkins Vanilla

Cream shortening, add sugar, mix well. Add beaten eggs, milk, alternately with sifted dry ingredients. Blend mixture. Chill. Roll on lightly floured board, cut and bake in hot oven, about 375 degrees F., 12 to 15 minutes. One cup thick sour cream, ½ teaspoon soda may be used instead of shortening and milk.

Cocoa Marguerites

1 egg
1 cup powdered sugar
1 cup Watkins Shredded Coconut
3 teaspoons melted butter
Few grains salt
½ teaspoon Watkins Vanilla
2 teaspoons Watkins Cocoa

Beat egg and blend all ingredients. Spread on crackers. Heat a few minutes in oven.

Orange Drop Cookies

⅔ cup butter or other shortening
1½ cups granulated sugar
2 eggs, well beaten
4 tablespoons orange juice (strained)
1 tablespoon grated orange rind
½ teaspoon Watkins Almond Extract
3 cups pastry flour (sifted)
3 teaspoons Watkins Baking Powder
¼ teaspoon salt
1 cup cut seedless raisins
1 tablespoon water

Cream the butter and sugar, add the eggs and beat well. Blend all the ingredients thoroughly and drop by teaspoon on a buttered cookie sheet and bake in a moderate oven, 375 degrees F., about 12 minutes.

Swedish Butter Cookies

¾ pound butter
1½ cups granulated sugar
2 whole eggs, beaten light
3 cups flour (sifted)
Watkins Vanilla
⅛ teaspoon salt

Cream butter thoroughly, beat in sugar slowly. Add entire mixture, blend well. Add Watkins Vanilla. Chill. Put dough through aluminum cookie mold. Cut in 3 inch strips or form into small rounds. Bake on ungreased baking sheet, about 8 to 10 minutes in a 375 degree F. oven. Keep cookies in a covered tin. Half of recipe will make about 80 small cookies.

Date Bars

3 eggs
1 cup light brown sugar, pack in cup
1 cup sifted flour
1½ teaspoons Watkins Baking Powder
¼ cup melted butter
1 cup dates, cut fine
1 cup nut meats, cut
1 teaspoon Watkins Vanilla
Few grains salt

Beat eggs, stir in sugar. Sift flour, salt and Watkins Baking Powder together. Blend all ingredients. Pour into greased 9-inch square pan lined with heavy paper and oiled. Bake about 35 minutes in moderate oven. When cool remove paper. Cut into squares and dust with powdered sugar.

Ginger Ice Box Cookies

1 cup shortening
1 cup white sugar
2 eggs
½ cup molasses
4½ cups flour (sifted)
2 teaspoons Watkins Baking Powder
1 teaspoon Watkins Cinnamon
½ teaspoon soda
½ teaspoon salt
2 teaspoons Watkins Ginger
1 teaspoon Watkins Lemon Extract

Cream shortening, add sugar gradually and beat well. Add beaten eggs and molasses. Sift flour, salt, Watkins Ginger, Watkins Baking Powder etc., add to mixture. Add Watkins Lemon Extract, form into rolls and place in refrigerator. Chill. Slice and bake on cookie sheet, about 10 minutes in 375 degree F. oven.

Hermits

¾ cup butter (pack)
1½ cups brown sugar (light)
3 eggs
¼ teaspoon Watkins Cloves
¼ teaspoon Watkins Cinnamon
2⅓ cups flour (sifted)
1 teaspoon Watkins Baking Powder
Pour ½ cup boiling water over 1 level teaspoon soda
1½ cups walnut meats (chopped)
1 cup cut raisins
1 teaspoon Watkins Vanilla

Cream butter, beat in sugar, add beaten eggs. Add sifted dry ingredients. Blend with fruit. Drop small amount of batter from spoon on greased bake sheet. Bake in 375 degree F. oven. Two cups of rolled oats may be used, for 2 cups less flour.

Pin Wheel Fruit Refrigerator Cookies

½ cup light brown sugar
½ cup granulated sugar
½ cup butter
1 egg
¼ teaspoon salt
1½ cups sifted flour
1 teaspoon Watkins Baking Powder
1 teaspoon Watkins Vanilla

FILLING:

½ pound dates, pitted and cut in pieces
¼ cup sugar
¼ cup water
¼ teaspoon grated orange rind

Cream butter, beat in sugar. Add egg, beat thoroughly. Add sifted dry ingredients, then Watkins Vanilla. Pat in rectangle ½ inch thick. Spread with filling. (This dough may be prepared in advance and baked when desired.)

Blend and cook, stirring constantly until mixture thickens. Cool. Add 1 teaspoon Watkins Vanilla. Spread on cookie dough. Roll like jelly roll. Wrap in waxed paper, chill overnight in refrigerator. Cut in thin slices. Bake to medium brown in moderately hot oven, 375 degrees F. Will make 6 dozen.

Ice Box Cookies

1¼ cups brown sugar (light)
1 cup shortening
2 eggs
3 cups flour (sifted)
1 cup walnuts chopped
3 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla or Almond Extract
⅓ teaspoon salt

Cream shortening, add sugar, add beaten eggs, Watkins Vanilla. Sift flour, salt, Watkins Baking Powder and add to mixture. Mix thoroughly, make into long roll. Place in refrigerator overnight. Slice thin and bake about 8 minutes in 400 degree F. oven.

Watkins Fruit Cookies

2½ cups flour (sifted)
½ teaspoon salt
½ teaspoon Watkins Allspice
1 teaspoon soda
Then add 1 cup cut raisins. Rub with little flour
½ cup currants
½ cup Watkins Shredded Coconut
2 teaspoons Watkins Baking Powder
3 cups rolled oatmeal
½ teaspoon Watkins Cinnamon
Beat together 1½ cups granulated sugar and 3 whole eggs
2 cups thick sour cream
1 cup cut walnut meats
1 teaspoon Watkins flavoring

Mix thoroughly, drop from spoon and bake in a 375 degree F. oven. Keep cookies in a covered tin.

Butterscotch Ice Box Cookies

½ cup butter
1 cup light brown sugar
1 egg
½ cup chopped walnut meats
1½ cups flour (sifted)
½ teaspoon salt
½ teaspoon Watkins Baking Powder
¼ teaspoon soda
1 teaspoon Watkins Vanilla

Cream the butter, slowly add the sugar and cream well. Add the egg and beat. Add the nuts. Mix and sift the dry ingredients. Add to the first mixture with the Watkins Vanilla and beat. Add ½ cup raisins if you wish. Form in rolls 3 inches thick and place in the refrigerator several hours or overnight. Slice thin, bake about 8 minutes, 400 degree F. oven.

Lemon Wafers

1 cup butter
2 cups sugar
3 eggs
3 tablespoons lemon juice
2 teaspoons Watkins Baking Powder
4 cups flour (sifted) scant
1 teaspoon Watkins Lemon Extract
Sift flour and Watkins Baking Powder

Cream butter, add sugar, well-beaten eggs, lemon juice. Add flour. Chill dough. Roll thin, use floured cutter. Bake in moderate oven, 375 degrees F., about 10 minutes. Chopped orange peel may be added to batter. Brush dough with white of egg. Sprinkle dough with granulated sugar just before baking.

Macaroons

Whites of 4 eggs, well beaten
1½ cups sugar
1 cup Watkins Shredded Coconut
⅓ teaspoon salt
½ cup chopped walnuts
3 cups corn flakes
1 teaspoon Watkins flavoring

Mix thoroughly in order given. Drop from teaspoon on greased sheet tins. Bake about 15 minutes, 350 degree F. oven. Place pan on damp cloth, remove macaroons immediately.

Watkins Coconut Macaroons

Few grains salt
1 can sweetened condensed milk, 14 ounce
2 level tablespoons Watkins Lemon, Coconut or Chocolate Dessert
1½ packages Watkins Shredded Coconut
1 teaspoon Watkins Vanilla

Blend Watkins Dessert with 3 tablespoons cold water, add one fourth of the can of milk and cook for 3 minutes stirring constantly. Cool. Add remaining milk, Watkins Coconut and flavoring, mix thoroughly. Drop by teaspoon on buttered cookie sheet and bake 10 to 12 minutes in moderate oven to lightly brown.

Date Macaroons

2 egg whites
⅔ cup powdered sugar, sift
½ cup Watkins Shredded Coconut
⅛ teaspoon salt
1 teaspoon Watkins Vanilla
1 cup chopped stoned dates

Beat the egg whites stiff, blend in the sugar, add remaining ingredients. Drop by teaspoon on greased bake sheet and bake about 10 minutes in 325 degree F. oven.

Marguerite Tea Cakes

2 eggs
1 cup light brown sugar
½ cup flour (sifted)
½ teaspoon Watkins Baking Powder
⅓ teaspoon salt
½ cup corn flakes
½ cup Watkins Shredded Coconut
1 teaspoon Watkins Vanilla

Beat eggs lightly, stir in sugar. Add sifted dry ingredients, Watkins Vanilla and blend entire mixture. Bake in greased muffin tins two thirds full about 15 minutes in a 350 degree F. oven.

Marguerites

1½ cups sugar
½ cup water
6 marshmallows
2 egg whites
4 tablespoons Watkins Shredded Coconut
Pinch salt
⅓ teaspoon Watkins Vanilla
¾ cup chopped nuts
Saltines

Boil sugar and water until it threads from fork. Remove from fire, add cut marshmallows. Pour slowly and beat into stiffly beaten egg whites. Add remaining mixture. Spread saltines, brown lightly in oven. More nuts may be added.

Mince Meat Cookie Bars

½ cup butter
1 cup light brown sugar (pack in cup)
1 teaspoon Watkins Vanilla
1½ cups flour (sifted)
2 teaspoons Watkins Baking Powder
¼ teaspoon salt
1¾ cups rolled oats

Cream the butter thoroughly, slowly stir in the sugar, Watkins Vanilla and the flour, Watkins Baking Powder and salt sifted together. Then add the rolled oats. Mix thoroughly. Take one half of the mixture and pat into a buttered, square pan. Spread with a layer of mince meat. Crumble the remaining cake mixture and sprinkle over the mince meat, press gently in place. Bake in a 325 degree F. oven about 25 minutes. Cut in two-inch bars while warm and remove from pan. Keep in air-tight tin when cold.

Soft Molasses Cookies

4½ cups sifted flour
1 teaspoon soda
2 teaspoons Watkins Baking Powder
3 teaspoons Watkins Ginger
Sift above mixture 3 times
½ teaspoon salt
1 cup butter or vegetable shortening
1 cup light brown sugar, pack in cup
2 eggs
¾ cup molasses
¾ cup sour milk
2 teaspoons Watkins Vanilla

Cream butter, slowly beat in sugar, beat thoroughly. Add beaten eggs, molasses. Add sifted dry ingredients alternately with milk, beat after each addition. Chill 2 to 3 hours at least. Turn on lightly-floured board. Roll ⅛ inch thick, cut, sprinkle with sugar. Bake in 375 degree F. oven about 12 minutes.

Molasses Cookies (Soft)

¾ cup molasses
¾ cup sour milk
¾ cup lard and butter, melted
1 teaspoon Watkins Ginger
½ teaspoon soda
2 teaspoons Watkins Baking Powder
3½ cups sifted all purpose flour
½ teaspoon salt
1½ teaspoons Watkins Cinnamon
1 teaspoon Watkins Vanilla
1 egg
⅓ cup brown sugar
½ teaspoon Watkins Nutmeg

Cream shortening, beat in sugar, molasses and egg. Sift together flour, soda, and Watkins Baking Powder. Add milk, shortening, Watkins Cinnamon, Ginger, salt and flour. Chill thoroughly—roll. Add just enough flour to roll on lightly-floured board. Roll ⅛ inch thick. Bake in 350 degree F. oven about 12 minutes. Keep in covered tin.

Oatmeal Cookies

1 cup butter, creamed
1 cup brown sugar
Add ½ teaspoon soda dissolved in
½ cup hot water
2 cups ground oatmeal
2 cups flour (sifted)
2 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla

Blend all ingredients. Chill dough, roll quite thin, cut dough, add filling, cover with dough. Bake in moderate oven.

FILLING:
1 package dates, cleaned, stoned
1 cup sugar
1 cup cold water
Watkins Vanilla

Cook mixture until quite thick. Cool, then spread one half of cookies and cover with thin dough.

Pecan Puffs

½ cup butter
2 tablespoons granulated sugar
1 teaspoon Watkins Vanilla
1 cup pastry flour (sifted)
1 cup grated pecans

Cream butter, beat in sugar. Add Watkins Vanilla, flour and pecans. Roll in palm of hand the size of a butter ball. Bake in 350 degree F. oven 12 to 15 minutes. Roll in powdered sugar while hot.

Orange Cookies

1 cup butter or other shortening
½ cup granulated sugar
½ cup light brown sugar
1 egg
3 tablespoons strained orange juice
2¾ cups flour (sifted)
½ teaspoon salt
2 teaspoons Watkins Baking Powder
½ cup chopped nuts
1 tablespoon grated orange rind
½ teaspoon Watkins Lemon Extract

Cream the shortening, slowly beat in the sugar. Add the egg and beat thoroughly. Add the orange juice. Blend the mixture thoroughly. Sift 2¼ cups of the flour, salt and Watkins Baking Powder together and add to the mixture. Then blend the nuts and orange rind with the remaining ½ cup of sifted flour. Add Watkins Lemon Extract. Form dough in a ball, wrap in wax paper and chill in the refrigerator several hours. Cut in thin slices, place on a well-greased cookie sheet and bake in a hot oven, 400 degrees, about 8 to 10 minutes.

Nutmeg Cookies

4 cups cake flour (sifted)
¼ teaspoon Watkins Nutmeg
¾ cup butter or other shortening
2 teaspoons Watkins Baking Powder
2 cups granulated sugar
2 eggs, beaten
¼ cup milk
1 lemon, grated rind of
1½ teaspoons Watkins Vanilla

Mix and sift 3 cups of the flour and Watkins Nutmeg. Cream the shortening with a wooden spoon, gradually beat in the sugar, then the eggs and grated rind. Stir in the flour alternately with the milk, then gradually add just enough remaining sifted flour to make a dough stiff enough to roll. Chill the dough thoroughly, place on lightly-floured board, roll ⅛ inch thick and cut with floured cutter in desired shapes. Place on greased baking sheet and bake in a moderately hot oven, 375 degrees F., about 12 minutes. Will make 4 dozen cookies.

Corn Flakes or Wheaties

1 cup white sugar
1 cup light brown sugar
1 cup shortening (scant)
2 eggs beaten
2 cups flour (sifted)
Few grains salt
2 teaspoons Watkins Baking Powder
2 cups flakes, corn or wheaties
1 cup Watkins Shredded Coconut
1 teaspoon Watkins Vanilla

Cream shortening, stir in sugar, add eggs, sifted dry ingredients. Blend entire mixture. Form into small balls one half the size of a walnut. Bake on cookie sheet in 375 degree F. oven, about 10 minutes.

Peanut Butter Cookies

2 eggs
2 cups sifted flour
1 cup light brown sugar
1 cup granulated sugar
½ teaspoon baking soda
½ teaspoon salt
½ cup milk
½ cup shortening
1 cup peanut butter
1 teaspoon Watkins Vanilla
1½ teaspoons Watkins Baking Powder

Mix and sift the flour, sugar, soda and salt. Cream shortening, peanut butter, gradually beat in egg, sugar, flour mixture. Add Watkins Vanilla. Form into a roll, wrap in a heavy oiled paper and place in the refrigerator several hours. Cut in thin slices, place on a greased baking sheet. Bake in a moderately hot oven, 375 degrees F., about 12 minutes.

Nut Cookies

⅓ cup butter
½ cup sugar
2 eggs
¾ cup chopped nuts
¾ cup flour sifted
1 teaspoon Watkins Vanilla
1 teaspoon Watkins Baking Powder

Cream butter, add sugar and well-beaten eggs. Sift flour and Watkins Baking Powder together. Add to first mixture. Add Watkins Vanilla and nuts. Drop on unbuttered pan with teaspoon, about one inch apart. Sprinkle with chopped nuts and bake in moderate oven.

Rocks

1½ cups light brown sugar
1 cup butter scant
3 cups flour sifted
3 eggs
1 cup cut raisins
1 cup cut nut meats
Pinch salt
2 teaspoons Watkins Baking Powder
½ teaspoon soda in little hot water
1 teaspoon Watkins Cinnamon
Watkins Lemon Extract
1 teaspoon Watkins Vanilla

Cream butter, slowly beat in sugar. Add eggs, one at a time, beat briskly. Rub fruit with part of sifted flour and add last. Blend entire mixture. Drop from teaspoon on buttered bake sheet, leave 1 inch to spread. Bake about 15 minutes in 350 degree F. oven.

Rolled Sugar Cookies

3 cups flour sifted
½ teaspoon Watkins Baking Powder
1 cup butter
⅞ cup granulated sugar
1 egg, beaten
1 teaspoon Watkins Vanilla
2 tablespoons milk

Mix and sift 2½ cups of flour and the Watkins Baking Powder. Cream the butter, gradually beat in the sugar, then the egg, Watkins Vanilla and milk. Gradually add just enough of the remaining flour to make the dough stiff enough to roll. Chill thoroughly and place on lightly floured board. Roll ⅛ inch thick and use a lightly floured cutter. Place on greased baking sheet and bake in a moderately hot oven, 375 degrees F., about 12 minutes.

Sand Tarts

1 cup sugar
½ cup butter
1 egg, well beaten
2 cups flour (sifted)
1½ teaspoons Watkins Baking Powder
1 egg white, slightly beaten
1 tablespoon sugar
¼ teaspoon Watkins Cinnamon
1 cup blanched almonds (split)
1 teaspoon Watkins Lemon

Cream butter, slowly add sugar, mix well. Add egg, slowly add flour sifted with Watkins Baking Powder. Chill dough. Roll one eighth inch thick on lightly floured board, cut with floured cookie cutter. Brush with egg white, sprinkle with Watkins Cinnamon and sugar mixture. Press almond meats into cookies, bake in moderate oven about 10 minutes.

Brown Sugar Sand Tarts

¼ cup butter
⅓ cup light brown sugar, pack firmly
1 egg, well beaten
½ teaspoon Watkins Vanilla
¾ cup flour (sifted)
¼ teaspoon Watkins Baking Powder
¼ teaspoon salt

Cream the butter, slowly add the sugar and cream thoroughly. Add the egg, Watkins Vanilla and the well sifted dry ingredients. Chill the dough. Turn on a lightly-floured board and roll very thin. Sprinkle the dough with additional sifted brown sugar and press into the batter with the rolling pin. Use a cookie cutter, lightly floured. Bake 375 degrees.

Vanilla Sugar Cookies

2½ cups flour (sifted)
1 teaspoon Watkins Baking Powder
Few grains salt
1 cup granulated sugar
1 cup butter
2 egg yolks, beaten lightly
1 teaspoon Watkins Vanilla

Sift together the flour, Watkins Baking Powder, salt and sugar, then cut in the butter until well blended. Stir in the beaten egg yolks and Watkins Vanilla. Blend thoroughly and chill the dough. Roll thin on lightly-floured board, cut, sprinkle with little sugar and bake on an ungreased baking sheet about 10 to 12 minutes in a 375 degree F. oven.

Watkins Spice Cookies

1½ cups sugar
½ cup lard
2 eggs
½ cup milk
3 cups flour (sifted)
1½ teaspoons Watkins Baking Powder
⅛ teaspoon salt
¼ teaspoon soda
1 teaspoon Watkins Cloves
2 teaspoons Watkins Cinnamon
1 teaspoon Watkins Allspice
1 cup cut raisins
1 cup cut nuts
1 teaspoon Watkins Vanilla

Blend all ingredients thoroughly, drop with teaspoon on buttered tin. Use Watkins Maple Frosting. Bake 10 to 12 minutes in 375 degree F. to 400 degree F. oven.

Watkins Prize Sugar Cookies

1¾ cups sugar
Cream with large cup butter, scant teaspoon salt, yolks of 4 eggs and 2 whole eggs
Level teaspoon soda dissolved in little hot water
1 cup sweetmilk
1 quart flour, (sifted) sift 3 or 4 times
2 teaspoons Watkins Baking Powder
1 tablespoon Watkins Vanilla, Lemon or Almond Extract

Mix thoroughly all ingredients. Do not make stiff batter. Roll, cut in round or fancy shapes. Sprinkle with chopped nuts, Watkins Shredded Coconut, or decorate with raisins or blanched almond, candied ginger, pineapple or cherries. Will make 2 five-pound tins. Will keep long time in tin container. Bake about 10 minutes in 375 degree F. oven. Chill dough. Sprinkle with sugar before baking, do not grease pan.

Watkins Walnut (Tea Squares)

LOWER CRUST:

¾ cup butter, cream well
⅓ cup sugar
2 egg yolks, well beaten
1½ cups flour (sifted)
1 teaspoon Watkins Vanilla

Blend all ingredients and pat into a 9x9 pan. Bake in moderate or 350 degree F. oven 12 minutes or until lightly browned.

UPPER CRUST:

2 eggs, beat separately
2 tablespoons flour
¼ teaspoon Watkins Baking Powder
1½ cups brown sugar
½ cup walnut meats
¼ teaspoon salt
1 cup Watkins Shredded Coconut (moistened with little milk)
1 teaspoon Watkins Vanilla,

Mix all ingredients and spread over partly baked crust. Bake in moderate oven 20 minutes. Cool and cut in squares.

Italian Tea Cakes

2 lemons (small)
6 eggs
1 cup granulated sugar
1 cup chopped almonds
½ teaspoon Watkins Vanilla

Boil lemons, peeling included, in plenty of water 2 hours. Cool, remove seeds, chop very fine. Beat yolks and whites of eggs separately. Slowly add sugar to beaten egg yolks, add chopped lemon, fold in stiffly beaten egg whites. Bake in flat buttered lightly floured pan about 40 minutes. Brown lightly. Cut in 3-inch strips, dust with powdered sugar.

Canning

Ways to Stretch Sugar in Jellies, Jams, Preserves

Homemakers who decide to make jellies, jams, or preserves will find it possible to stretch the sugar used, to some extent, but should not expect or try to cut down sugar in these products as much as in home-canned fruit.

The sugar in jellies, jams, and preserves is not only for sweetening, it also helps to preserve the fruit and to give each product its own proper consistency.

Here are two ways of reducing the sugar in the recipes for jellies, jams, and preserves given in Farmers' Bulletin 1800:

1. Use the smallest amount of sugar suggested—You will notice that for jelly most of these recipes call for ¾ to 1 part of sugar for every part by measure of fruit juice. In each case use ¾ part of sugar to one quart of the juice.

For jams and preserves most recipes call for equal parts by weight of sugar and fruit. Three-fourths as much sugar can be used and a very satisfactory preserve obtained.

2. Replace part of the sugar with honey or corn syrup—If you use honey, the product will be equally as sweet as one made using all sugar. Jams, jellies, and preserves made with corn syrup as part of the sweetening will be slightly less sweet than those using all sugar.

Apply these two rules to jellies and preserves as follows:

Jellies

With less sugar—Use ¾ cup sugar to each cup fruit juice.

Especially useful in the height of the canning season is the method of canning fruit juice without sugar, to be made into jelly later when there are fewer demands all at once on the family sugar rations.

With part honey—Replace up to ½ the sugar called for with an equal measure of honey.

With part corn syrup—Replace up to ¼ the sugar called for with an equal measure of corn syrup.

If you use either part honey or part corn syrup, cook the mixture slightly beyond the jelly stage.

Preserves

With less sugar—Cut down the sugar to ¾ pound of sugar for every pound of fruit. Notice that here the sugar is measured by weight rather than cupfuls. One pound of refined white sugar is about 2 cups. Fruits vary in weight, so it is difficult to transfer to measure, but in general a pound of freshly prepared fruit measures about 3 cups. Three-fourths of a pound of sugar is 1½ cups. When sugar is short use no more than this. A satisfactory product can be obtained even with 1 cup sugar to 3 cups fruit. In this case they will be a good fruit flavor but the syrup will be somewhat thinner than in the usual preserve. The product should be tightly sealed.

With corn syrup or honey—Replace up to one-half the sugar called for in the recipe with either corn syrup or honey. Thus if 2 cups of sugar are called for, replace one of them with 1 cup of syrup or honey, as it takes only this much to equal a cup of sugar.

Example: For each 4 pounds of strawberries (12 cups), the recipe would call for 3 pounds of sugar (6 cups), but to make the sugar go farther you may use instead 3 cups of sugar and 3 cups of syrup or honey.

Jams

In jams, if a jellied juice is desired, never substitute corn syrup for more than ¼ of the sugar. (Send five cents for each bulletin: Canning Fruits; Jelly, and Baking.) BUREAU OF HOME ECONOMICS, UNITED STATES DEPARTMENT OF AGRICULTURE.

Canning Rules for Safety

1. Can only fresh, firm food in first class condition. Wash all food products thoroughly. Work quickly.
2. Have food, jars, lids, rings, and all canning equipment thoroughly clean.
3. Use **Boiling-water bath** for canning tomatoes and fruits.
4. **Can all vegetables, meat, poultry** in a **Pressure Canner.** Carefully follow instructions given by manufacturer in using canner.
5. Do not use oven-canning as oven heat will not destroy bacteria. Food products must be held at high temperature, 10 pounds pressure, to kill bacteria and prevent spoilage.
6. Jars must be sealed airtight.
7. Store all canned food in a cool, dark, dry place. Read the Chapter on Canning in the Watkins Household Hints Book.

If You Live Above Sea Level

If you live at 2,000 feet or more above sea level, process food with higher pressure than 10 pounds.

For each 2,000 feet above sea level, add 1 pound pressure. Follow directions given by manufacturer.

Send ten cents in coin to U. S. Department of Agriculture, Washington, D. C., for booklet on Canning Vegetables, Meats and Fruits.

Recipes for Jelly

See special Recipe Booklet for making jelly in every package of Watkins Fruit Pectin.

Apricot, Peach, Plum or Cherry Jam

2 pounds ripe fruit
6 level cups sugar (3 pounds)
½ cup water
1 envelope Watkins Pure Fruit Pectin

Wash, stone and thoroughly crush fruit. Add 12 kernels out of fruit stones. Add ½ cup water, boil slowly 10 minutes. Add enough water to make 4 cups of juice and pulp, slowly add contents of 1 envelope Watkins Pure Fruit Pectin. Bring to boil, stir continuously, being careful to thoroughly dissolve. Add sugar, boil vigorously 2 minutes. Stir continuously while boiling. Let stand minute or two, pour into hot glasses, seal.

Apricot Conserve

1 pineapple or medium-sized can of pineapple
35 fresh apricots
2 oranges, pulps only
6 cups sugar

Cook until thick. One fourth pound cut almonds may be added. Do not peel apricots, cut in cubes. Remove stones.

Watkins Jams Made from Dried Fruits

½ pound dried fruit
3 cups (1½ pints) water
1 envelope Watkins Pure Fruit Pectin
6 cups sugar

Stew fruit with 3 cups water until fruit is thoroughly softened. More water may be added if necessary. When fruit is soft, mash to fine pulp. Measure pulp, add water to make exactly 4 cups.

Place 4 cups of pulp (no more) on fire in large saucepan. Stir in contents of 1 envelope of Watkins Pure Fruit Pectin. Allow pulp to boil. Make sure there are no lumps of pectin and that pectin is thoroughly dissolved.

When pulp has boiled, add 6 cups (3 pounds) of sugar. Stir well to break up sugar lumps. Allow jam to boil exactly 5 minutes from the time it starts, remove from fire. Let stand few minutes, skim, pour into clean hot glasses.

Cranberry Jelly

1 quart cranberries
2 cups sugar
1 pint boiling water

Boil berries and water about 15 minutes. Strain. Add as much sugar as juice and boil 10 minutes. Pour into mold. Grated orange rind may be added to sugar if desired.

Cherry Jelly

USING FRUIT JUICES OR WATKINS NECTAR SYRUP

⅝ cup cherry or orange juice
2 cups water
1 envelope Watkins Pure Fruit Pectin
3 cups sugar
1 teaspoon Watkins Red or Yellow Color Mixture

Place 2 cups of water in large pan or kettle. Place on fire. Slowly add contents of 1 envelope Watkins Pure Fruit Pectin. Boil vigorously, stir until thoroughly dissolved. Add sugar (1½ pounds) bring to quick, vigorous boil. Continue boiling briskly 2 minutes. Stir continuously while boiling. Stir in fruit juice and remove from fire. Skim, pour immediately into hot glasses, seal with paraffin while hot. In this recipe Watkins Orange, or Cherry Nectar Syrups may be substituted for fruit juices, using the same quantity.

Cherry Preserves

Wash, remove stems and pits from cherries; save juice. Place cherries in pan, cover with syrup made of 3 parts sugar to 2 parts cherry juice and water. Boil gently about 10 minutes, remove from fire, cover kettle, let stand 8 to 10 hours. Drain juice, pack cherries into hot jars. Heat remaining syrup, fill jars with boiling syrup. Seal immediately.

Cucumber Pickles

Watkins Mixed Spices

Slice large cucumbers, cover with salted water overnight. Fill 2 quart jars with cucumbers. Add 2 teaspoons Watkins Mustard, 2 teaspoons sugar, 1 teaspoon Watkins Mixed Spices, 1 teaspoon celery seed. Fill jar with hot vinegar and seal in sterilized jars.

Cucumber Pickles

2 ounces white mustard seed
2 ounces black mustard seed
2 ounces juniper berries
2 ounces celery seed
1 gallon vinegar
1 peck cucumbers
½ quart small onions
2 pounds sugar
½ dozen small green peppers
Watkins Mixed Spices

Put 1 peck inch-long cucumbers in salt and water, cover tightly, let stand 3 days.
Put seeds in bags and boil 15 minutes in 1 gallon vinegar. Add small piece alum and pour hot over cucumbers which have been removed from water. When cool, heat again several times until ready for use.

Watkins Chili Sauce

2 dozen large tomatoes
4 green peppers
2 red peppers
5 large onions
3 heaping tablespoons salt
1 teaspoon Watkins Cinnamon
Watkins Mixed Spices
1 teaspoon Watkins Cloves
1 teaspoon Watkins Dry Mustard
1 teaspoon Watkins Nutmeg
3½ cups vinegar
2½ cups brown sugar

Chop tomatoes, peppers and onions fine. Boil all together slowly. Bottle and seal while hot. Place spices in a loose white bag and hang in boiling catsup 40 minutes. Add strong vinegar, salt and sugar last 5 minutes of cooking.

Watkins Pure Pectin Currant Jelly

2 pounds fully ripe currants
5 level cups sugar (2½ pounds)
1 scant cup water
1 envelope Watkins Pure Fruit Pectin

Remove stems, wash fruit thoroughly. Scald in small quantity of water not to exceed 1 cup. Bring to boil. Boil slowly few minutes. When cool, strain, add sufficient water to make 1 quart (4 level cups) of juice.

Put juice in large kettle, place on very hot fire. Gradually add Watkins Pure Fruit Pectin, bring to boil, stir carefully to prevent any lumps. After pectin is thoroughly dissolved add sugar. When boiling vigorously, start timing, allow to boil thoroughly 2 minutes. Stir continuously while boiling. Skim off top, pour immediately into hot glasses, seal with paraffin while hot.

Chow Chow Pickles

1 large cauliflower
1 quart small cucumbers cut lengthwise
1 quart very small cucumbers
1 quart small onions
2 quarts small green tomatoes, cut in two
A few small pimentos
Watkins Mixed Spices
2 green peppers
½ ounce Watkins Allspice
¼ pound mustard seed
3 red peppers
2 bunches celery, cut

Scald cauliflower and onions in salted water. Drain. Make mixture with 2 quarts vinegar, ½ cup brown sugar, 6 tablespoons Watkins Mustard, enough turmeric to color. Cook in double boiler. Let cool and pour on pickles. Fill hot jars and seal.

Watkins Jelly Flavored with Watkins Flavoring Extracts

2 cups water
1 envelope Watkins Pure Fruit Pectin
3 cups (1½ pounds) sugar
Watkins Flavoring Extract

Pour 2 cups (1 pint) of water into large saucepan, place on fire. Stir in contents of 1 envelope of Watkins Pure Fruit Pectin. Allow mixture to boil. Make sure there are no lumps and pectin is thoroughly dissolved. When pectin has boiled and completely dissolved, add 3 cups (1½ pounds) of sugar. Stir well to break up sugar lumps. Allow jelly to come to boil again 5 minutes. Use clock to time, do not guess. Remove from fire, flavor to suit taste with one of Watkins Flavoring Extracts. Watkins Almond, Lemon, Orange, Strawberry, Pineapple, Banana, Maple, Black Walnut, Vanilla or Peppermint may be used. Usually ½ to 5 teaspoons of extract are sufficient. Add coloring if desired, using Watkins Red Color, Watkins Yellow Color, Watkins Green Color Mixture. Skim and pour into clean dry glasses. Seal with paraffin.

Chili Pepper Sauce

20 ripe tomatoes
6 green peppers
4 white onions
1 cup granulated sugar
2 cups best cider vinegar
2 tablespoons salt
2 teaspoons ground mace
2 teaspoons Watkins Cloves
1 teaspoon Watkins Celery Salt
2 teaspoons Watkins Nutmeg, if desired
Watkins Red Pepper to taste
Watkins Mixed Spices

Wash tomatoes, peppers and onions. Chop fine. Add sugar, vinegar and spices. Boil all ingredients 1 hour and bottle while hot. Serve with baked beans or meat.

Corn Relish

1 dozen ears sweet corn
2 onions, chopped
2 sweet green peppers, chopped
1 sweet red pepper
1 cup chopped cabbage
2 tablespoons salt
¼ teaspoon Watkins Pepper
1 tablespoon Watkins Mustard
1 cup granulated sugar
2 cups vinegar

Cut corn from ear, do not scrape. Mix corn with onions, peppers and cabbage. Add all ingredients. Stir frequently and cook mixture 1 hour. Pour into hot sterilized jars and seal at once.

Cucumber Relish

FINE FOR MEATS

- 12 medium-sized cucumbers peeled and sliced
- 4 or 5 onions sprinkle with salt and let stand 2 hours
- 1 teaspoon Watkins Ginger
- 2 pounds brown sugar
- 2⅔ cups pickling vinegar
- 1 teaspoon celery seed
- 1 teaspoon Watkins Nutmeg
- 1 teaspoon turmeric powder
- Watkins Mixed Spices

Blend all ingredients. This makes 9 pints. Boil 8 minutes. Place in hot jars and seal.

Cucumber Relish

- 1 quart cucumbers
- 1 quart onions
- 1 quart cabbage
- 3 red peppers (sweet)
- 1 quart vinegar
- 4 cups light brown sugar
- ½ cup flour
- 3 teaspoons celery seed
- 3 tablespoons Watkins Dry Mustard
- 3 teaspoons turmeric
- Salt to taste
- Watkins Mixed Spices

Peel and chop cucumbers, remove seeds (after being chopped, then measure).
Put all together, boil 15 minutes.

Spiced Currants

- 4 quarts currants
- 2 pounds granulated sugar
- 1 pint vinegar
- 1 teaspoon Watkins Allspice
- 1 teaspoon Watkins Cloves
- 2 teaspoons Watkins Cinnamon
- Watkins Mixed Spices

Wash, stem fruit, make syrup of sugar, vinegar, spices, boil 5 minutes. Add fruit, cook until mixture is thick and transparent. Seal in hot sterilized jars.

Apple Chili Sauce

- 4 pounds tomatoes (wash and peel)
- 4 pounds apples (sliced)
- 4 large onions
- 2 pounds light brown sugar
- 1 quart vinegar
- 1 teaspoon Watkins Ginger
- 2 teaspoons salt
- ⅔ teaspoon Watkins Red Pepper
- 2 teaspoons Watkins Cloves
- Watkins Mixed Spices

Boil all together slowly for 2½ hours. Bottle and seal while hot in sterilized hot jars.

Small Cucumber Pickles

100 cucumbers
⅓ cup salt
2 sticks cinnamon
1 gallon cider vinegar
¾ cup sugar (more if desired)
4 tablespoons whole cloves
½ cup mustard seed
⅓ pound horseradish
1 dozen pods red pepper
Water

Select small fresh green cucumbers. Wash carefully, soak in cold water, add salt, let stand overnight. Next morning drain, dry with cloth. Place in kettle, add 1 cup of vinegar, cup of cold water, repeat until cucumbers are covered. Add sugar, remaining ingredients, boil 3 minutes. Place pickles in sterilized jars, heat syrup, fill jars with hot liquid, fill to overflowing, seal at once.

Dill Pickles

1 quart cider vinegar
1 cup salt
Watkins Mixed Spices
3 quarts boiling water
Cucumbers

Wash the cucumbers, pack upright clean sterilized jars. Add a head of dill to each jar. Blend vinegar, boiling water and salt and bring to vigorous boil. Pour over pickles and seal at once. Add grape leaves, fill liquid to top.

Million Dollar Pickles

4 quarts slice cucumbers
8 to 10 onions, small, sliced
2 green peppers, remove seeds, cut
1 scant cup salt

Place in stone jar, cover with water. let stand overnight. In the morning drain. Then prepare syrup given below.

SYRUP
1 quart cider vinegar
4 cups granulated sugar
1 teaspoon celery seed
1 teaspoon turmeric powder
2 tablespoons white mustard seed
Watkins Mixed Spices

Blend ingredients, let mixture come to boil and add the cucumbers. Cook until tender, about 20 minutes. Pack at once in hot sterilized jars. Add 1 or 2 red peppers if you wish, remove the seeds.

Green Tomato Relish

2 pounds chopped green tomatoes
1 onion, chopped
½ cup sugar
2 teaspoons Watkins Pepper
½ cup hot vinegar
1 teaspoon Watkins Cloves
1 teaspoon salt
2 tablespoons mustard seed

Mix vegetables, let stand one hour. Squeeze out the liquid, add sugar and vinegar to which the seasoning has been added. Cook 10 minutes, pour into clean hot jars and seal. Place spice in spice bag.

Mixed Pickles

1 peck green tomatoes sliced
10 onions, sliced
¾ cup salt
5 quarts cider vinegar
2 pounds light brown sugar
4 tablespoons Watkins Dry Mustard
2 tablespoons Watkins Allspice
2 tablespoons Cinnamon
1 tablespoon Watkins Ginger

Add salt to peeled and cut tomatoes, let stand overnight. Drain well. Cook tomatoes and onions in 1 quart vinegar and 2 quarts water, let come to boil then cook slowly 20 minutes. Drain. Blend Watkins Dry Mustard and sugar, add vinegar to make a smooth paste, add rest of vinegar, cook entire mixture about 15 minutes. Tie spices in small bags and place in jars with pickles.

Mustard Pickles

2 quarts cucumbers (small)
1 quart white onions (small)
4 green peppers, seeded and cut
2 heads cauliflower, cut in pieces
1 quart green tomatoes, cut
4 stalks celery

Soak vegetables in brine, 1 cup salt to 3 quarts water and cover. Let stand 24 hours. Drain vegetables. Add a fresh brine, cook vegetables until quite tender, but not soft. Drain. Blend mixture for dressing, cook in double boiler 30 minutes. Add to vegetables, bring to boil. Seal hot.

Dressing:
½ cup Watkins Dry Mustard
1½ cups sugar
½ cup flour
¼ teaspoon Watkins Paprika
2 level teaspoons turmeric powder
3 cups cider vinegar
1 cup water

Green Tomato Pickle

1 peck green tomatoes
12 white onions
Vinegar
2 tablespoons celery seed
1 tablespoon mustard seed
1 cup Watkins Mixed Spices

Slice tomatoes and onions. Arrange in layers, sprinkling moderately with salt between layers and let stand overnight. Drain and place in kettle. Cover with mild vinegar and spices. Simmer 10 minutes. Pour into clean, hot jars and seal at once.

Tomato Preserves

1 pound yellow pear tomatoes
1 pound sugar
2 ounces preserved ginger
2 lemons

Pour boiling water over tomatoes. Remove skin, add sugar, let stand overnight. In morning pour off syrup, boil syrup until quite thick. Skim. Add tomatoes, ginger cut in small pieces, lemon sliced very thin. Boil until tomatoes are clear.

Watkins Jellies from Bottled Fruit Juices

Watkins Pure Fruit Pectin

Apple, Grape, Loganberry, Raspberry, or any juice may be used. Measure 2 cups (1 pint) fruit juice, water, or mixture of the two, and contents of 1 envelope of Watkins Pure Fruit Pectin. Boil vigorously, stir until the pectin is dissolved, add 3 level cups (1½ pounds) granulated sugar. **Sugar must always be added after the pectin,** never before, or it will not jell. Bring to vigorous boil and continue boiling about 3 minutes. Skim, pour quickly into glasses, seal immediately with hot paraffin.

Fruit Jam

1 quart gooseberries
1 quart raspberries
1 quart cherries
1 quart currants
Sugar

Wash, crush fruit, mix thoroughly, add sugar, blend together. Add 1 pound sugar to 1 pound fruit, boil until sufficiently thick. Seal in sterilized jars.

Gooseberry Conserve

5 pounds sugar
6 quarts gooseberries
Juice 6 oranges
1 lemon
3 pounds seeded raisins (chopped)

Boil orange peel, drain and chop fine. Mix all ingredients thoroughly, boil until quite thick. Put into hot jelly glasses, seal with paraffin.

Gooseberry Jam

5 pounds gooseberries
1 package seedless raisins
5 pounds sugar
4 medium-sized oranges, peel and cut up pulp

Partially cook gooseberries, oranges and raisins, then add sugar. Cook until right consistency for jam.

Spiced Gooseberries

3 quarts gooseberries
4 pounds sugar
1 pint vinegar
2 tablespoons Watkins Cinnamon
½ tablespoon Watkins Cloves
1 tablespoon Watkins Allspice
Watkins Mixed Spices

Remove stem and blossom, wash clean, make syrup of sugar and vinegar. Add berries, boil until thick. Add more sugar if necessary. When almost done, spice with Watkins Cinnamon and Watkins Cloves. Boil as thick as for apple butter.

Strawberry, Blackberry, Raspberry, Loganberry or Gooseberry Jelly

1 quart berries
3 level cups sugar (1½ pounds)
1 cup water
1 envelope Watkins Pure Fruit Pectin

Wash and stem berries, crush thoroughly. Scald, using 1 cup water. Turn into cheesecloth bag, drain. Add sufficient water to give 2 cups of juice.
Put fruit juice in large pan or kettle, place on very hot fire. Gradually add Watkins Pure Fruit Pectin, bring to boil and stir carefully to prevent any lumps. After pectin is thoroughly dissolved add sugar. As soon as mixture is boiling vigorously, start timing and allow to boil thoroughly 2 minutes. Stir continuously while boiling. Skim off top, pour immediately into clean, hot glasses, seal with paraffin when cold.

Grape Conserve

2 pints grapes
2 oranges
1 cup seeded raisins
2⅔ cups sugar
1 cup cut walnut meats

Wash, seed grapes. Slice oranges thin, remove seeds. Add ingredients except walnuts, cook until thick. Add nuts. Seal in hot sterilized jars.

Grape Jelly

Wash grapes, drain off water, put on to boil. When soft, strain through cheesecloth. To 1 cup juice add 1 cup granulated sugar, heat and stir until mixture comes to boiling point, but **do not boil.** Remove from fire and pour into sterilized glasses.

Grape Marmalade

1 5-pound basket blue grapes
1 quart sugar
½ pound walnuts
1 orange, chopped
1 pound raisins

Separate pulp from skins. Heat and put through sieve. Add to orange, skins and sugar, cook about 20 minutes; add rest of ingredients which have been put through chopper. Put into hot jelly glasses and seal when cold.

Grape Relish

4 pounds grapes
3 pounds sugar
2 pounds seeded raisins
1 pound walnut meats (chopped)

Wash and cook grapes until soft. Strain grapes through colander. Add sugar mixing well, and raisins. Cook until quite thick, remove from fire, add walnuts. Let stand several hours, seal in hot fruit jars.

Grapefruit Marmalade

2 large grapefruit or 4 small ones
3 lemons finely chopped

Soak grapefruit in water while chopping lemons. Slice grapefruit very thin. Boil fruit in two quarts of water to each quart of fruit. Let stand 24 hours, then boil for one hour on a very hot fire. Let stand until next day. Add 1¼ pounds of sugar to each quart of liquid. Boil until mixture jellies.

Crab Apple Pickles

½ cup vinegar
2 cups granulated sugar
3½ cups water
1 stick cinnamon

Prepare apples when seeds are turning ripe, wash, peel and add to boiling syrup.
Boil apples until clear, place in hot sterilized jars and seal at once.

Oil Pickles

4 dozen small cucumbers
1 quart vinegar
½ cup salt
½ cup black mustard seed
½ cup yellow mustard seed
2 tablespoons celery seed
1 cup olive oil
Watkins Mixed Spices
½ cup sugar

Slice cucumbers thin, do not peel. Mix and pour over cucumbers and let stand overnight. Put in jars and seal.

Indian Relish

12 large ripe tomatoes
12 large apples
9 medium onions
3 cups granulated sugar
1 pint vinegar
1 teaspoon Watkins Pepper
½ teaspoon Watkins Celery Salt
½ teaspoon Watkins Cloves
1 teaspoon Watkins Cinnamon
Watkins Mixed Spices
¼ cup salt

Blend all ingredients. Cook until thick, seal in sterilized jars.

Peach Conserve

3 cut oranges
Grated rind of ½ orange and ½ lemon
12 peaches
Little lemon juice
3½ pounds sugar

Skin and slice peaches. Slice lemon and orange thin and lengthwise. Boil lemon and orange with little peach juice, about 30 minutes. Add peaches taking one part fruit to one sugar. Cook about 30 minutes. Drain through colander and cook juice to desired thickness. Add peaches last 5 minutes; in this way fruit is not overcooked.

Watkins Pectin Mix Orange Marmalade

1 lemon
2 cups water
3 oranges
6 cups sugar
1 envelope Watkins Pectin Mix
¼ teaspoon baking soda

Remove peel from orange, shave off most of white pulp and discard. Shred peel into narrow strips, add water, baking soda, and boil peel slowly about 10 to 15 minutes. Slice oranges and lemon into small pieces, being careful to remove any tough part from the center, and all seeds. Add this to cooked peel and boil mixture slowly about 15 minutes. Measure 4 cups into large kettle, and place on fire. Stir in contents of 1 envelope Watkins Pectin Mix. Boil vigorously and stir constantly until dissolved. Add sugar, boil briskly 5 minutes after boiling point is reached. Stir continuously while boiling. Remove from fire, let cool 5 minutes. Seal immediately with paraffin.

Orange Marmalade

2 oranges
2 lemons
1 grapefruit
Sugar

Wash, slice fruit thin. Measure, add 3 times as much water as fruit. Let stand overnight. In morning, boil 10 minutes, again let stand overnight. Measure with equal amount fruit and sugar, but boil 1 hour without sugar then add sugar, cook until mixture jells. Put in hot sterilized jars and seal.

Peach and Pineapple Jam

18 ripe peaches, peel and quarter
3 small pineapples (peel, remove core and put through food chopper)
2 cups sugar
½ pound sugar to each pound of fruit

Mix in order given. Cook slowly until right consistency. Seal in hot fruit jars.

Peach Pickles

36 peaches, peeled
1 clove in each
Pack in roaster
Add syrup made of:
4 cups sugar
Juice 4 lemons
1 cup water
2 sticks cinnamon
Watkins Mixed Spices

Boil syrup about 15 minutes, pour over peaches, cover; bake 1½ hours in slow oven. Seal in hot sterilized jars.

Peach Marmalade

6 pints fruit
1 pint water
3 pints granulated sugar

Pare peaches, cut in halves, remove pits. Measure fruit, place in kettle and add water. Cook nearly 1 hour. Add sugar and cook until thick and smooth.

Peach Preserves

¾ pound sugar
¾ cup water
1 pound ripe peaches

Wash, peel, remove stones, cut peaches in quarters. Boil sugar and water 10 minutes. Skim. Add fruit and cook quickly until transparent. Seal in hot sterilized jars.

Pear Conserve

1 cup pears, grind
1 cup apples, grind
2 cups sugar
2 teaspoons Watkins Pineapple Flavor

Mix thoroughly. Boil 20 minutes. Seal.

Pear Marmalade

3 oranges and rind
1 large can grated pineapple
6 ripe pears
1 medium-sized jar maraschino cherries

Peel pears, remove seeds, also seeds of oranges. Put pears and oranges through chopper, add 1 cup sugar to each cup fruit, add pineapple and cook until quite thick. Add cut cherries last 5 minutes. Seal in sterilized jars.

Piccalilli Meat Relish

1 peck green tomatoes
6 onions
6 green peppers
2 dozen green cucumbers
1 cup grated horse-radish
1 tablespoon Watkins Cloves
1 tablespoon Watkins Cinnamon
1 tablespoon Watkins Dry Mustard
1 tablespoon Watkins Black Pepper
½ teaspoon Watkins Celery Salt
1 tablespoon turmeric
1½ pounds sugar
Watkins Mixed Spices

Chop all ingredients fine, add ½ cup salt, let drain overnight. In morning add 2 quarts vinegar and cook. Add spices, and sugar. Cook all together slowly until quite thick. Place in hot sterilized jars and seal.

Pineapple Marmalade

2 cans apricots
1 can pineapple
Sugar
1 orange, remove seeds

Cut all fruit, mix well, use same amount sugar as fruit. Cook 20 minutes, seal in sterilized jars.

Watkins Pineapple Jelly

1 cup canned pineapple juice
1½ tablespoons lemon juice
1½ cups granulated sugar
½ envelope Watkins Pectin Mix

Dissolve Watkins Pectin Mix powder in fruit juice, boil 2 minutes, stirring constantly. Add sugar and cook from 2 to 4 minutes according to desired thickness. Pour into hot glasses. Cover when cold with melted paraffin.

Sweet Pickled Peaches or Pears

½ peck peaches
2 pounds brown sugar
1 ounce cinnamon sticks
1 pint vinegar
Cloves
Watkins Mixed Spices

Boil sugar, vinegar, and cinnamon 20 minutes. Stick 4 to 5 cloves in peeled peach, add to syrup and cook until tender, cook only part of peaches at a time. Put peaches in hot jars, fill with hot syrup and seal.

Pickled Peaches

Ripe peaches
1 cup vinegar
1 cup sugar
Cinnamon sticks
Watkins Cloves
Watkins Allspice
Watkins Mixed Spices

Put spices in cheesecloth, tie firmly and boil in syrup, vinegar mixture about 5 minutes. Drop cloth with spices in peaches and boil 5 minutes. Seal while hot in sterilized jars.

Pineapple Conserve

3 pineapples
1 orange
1 lemon
Sugar to taste

Peel pineapple, remove core and eyes and shred. Add orange and lemon sliced very thin. Boil together about 20 minutes, add sugar Let simmer until thick and seal in sterilized glasses. When cold cover with hot paraffin.

Spiced Pineapple (for Meats)

1 can pineapple
½ cup tarragon vinegar
½ cup granulated sugar
½ teaspoon Watkins Cinnamon
¼ teaspoon Watkins Cloves
Watkins Mixed Spices

Chop pineapple, add remaining ingredients and simmer slowly 30 minutes. Pour into hot sterilized glasses, when cold cover with hot melted paraffin.

Plum Conserve

5 pounds blue plums
2 oranges
1 pound raisins (chopped)
1 lemon
½ pound walnut meats (chopped)
3 pounds sugar

Wash, peel plums and remove stones. Chop orange with peel, add grated rind and juice of lemon. Add raisins and walnuts. Mix thoroughly and boil until quite thick Seal in pint jars.

Blue Plum Conserve

14 blue plums (very dark ones)
1 pound seedless green grapes, cut in half
1 can pineapple
1 orange, cut
Little lemon juice
10 peaches cut, but not peeled
Pound for pound of sugar

Wash, but do not cut plums. Cook slowly until thick enough. Skim plum pits during cooking.

Wild Plum Conserve

7½ pounds red plums
6½ pounds sugar
4 oranges

Wash plums, cook 30 minutes and press through colander to remove pits. Add sugar dissolved in little water heated to boiling point, 3 thinly sliced oranges cut lengthwise, and juice of other orange. Cook 30 minutes.

Raspberry Jam

Clean fruit and mash in saucepan. Heat gradually to boiling point add an equal quantity sugar, previously heated. Cook 45 minutes. Pour into sterilized jars.
Blackberries, gooseberries and other small fruits may be used in the same manner.

To Can Strawberries without Cooking

Make syrup of 1 quart of water, 1 cup of sugar. Boil 5 minutes. Skim. Jars should be well sterilized and very hot before being two thirds filled with strawberries. Pour in sufficient syrup, while very hot, to fill each jar. The covers should be sterilized and hot.

Strawberry Jam

4 cups berries
4 cups sugar

Wash berries before hulling. Put over very slow fire and let sugar dissolve. When mixture starts to boil, cook 5 minutes. Take berries out of juice and skim. Continue cooking juice 20 minutes, put berries in juice and cook 5 minutes. Pour entire mixture on large platter, let stand until cold. Stir jelly and berries carefully to mix well, fill jelly glasses and cover with paraffin.

Strawberry Preserves

For each quart of berries, add cup of sugar, 3 tablespoons of water. Boil slowly 15 minutes. Let stand overnight. Next morning bring to boiling point. While hot, pour into sterilized jars. Seal immediately. This method prevents fruit from rising to the surface.

Strawberry-Pineapple Jam

2 pineapples, chopped
3 boxes berries
Juice of 1 lemon
Juice of 1 orange
2 cups sugar to 2 cups fruit

Cook until right consistency, put into glasses.

Strawberry and Pineapple Jam

2 pineapples, prepare and chop
3 boxes berries
Juice of 1 lemon
1 orange (juice and rind chopped fine)
1 pound sugar to 1 pound fruit

Cook to consistency of jam, pour into sterilized glasses. When cold cover with hot paraffin.

Sun Preserves

1 pound sugar
1 pound fruit

Boil syrup and add fruit, just enough to heat through. Spread fruit and syrup on large platters. Put platters in sun, cover with glass, in evening, stir mixture with spoon and bring platters into house. Continue putting berries in sun until syrup is jellied as desired, stir each day, if sun is sufficiently hot, usually 2 or 3 days will be enough. Put into jars and seal.

Three Fruit Marmalade

4 oranges
3 lemons
2 cups water to each pound fruit
2 grapefruit
2 cups sugar to each pound fruit

Wash fruit, slice very thin using rind of 3 oranges and 1 grapefruit. Add 2 cups water to each pound fruit, let stand 24 hours. Boil 1 hour, let stand in cool place, boil another 24 hours, add 2 cups sugar to each pound of juice. Boil slowly 1 hour, skim and pour into sterilized glasses. Let cool, cover with hot paraffin and use lid.

Rhubarb Conserve

3 pounds sugar
3 pounds rhubarb
2 lemons
1 or 2 oranges cut up fine
Blanched almonds sliced, may be added when almost done

Cut up rhubarb, put lemons and oranges through fruit chopper then mix all well with sugar and let stand overnight. In the morning let mixture cook until it thickens. Pour hot into hot jars and seal.

Tomato Conserve

6 pounds ripe tomatoes (scald and peel)
1 pint or less vinegar
2 tablespoons Watkins Cinnamon
3 pounds sugar
½ tablespoon Watkins Nutmeg
½ tablespoon Watkins Cloves
½ tablespoon Watkins Pepper
2 teaspoons salt

Cook slowly until mixture begins to thicken, then add 1 pound raisins and let come to boil quickly. Pour hot into hot sterilized jars and seal.

Tomato Jelly

2 cups strained tomato juice
3 cups granulated sugar
1 envelope Watkins Pure Fruit Pectin

Boil the tomato juice, stir in the Watkins Pectin and bring to a boil. Stir in the sugar until well dissolved, bring to a rolling boil and boil vigorously 3 to 3½ minutes. Remove from fire, let stand a minute, skim and pour into hot sterilized glasses.

Watkins Pineapple Jelly

1 cup juice from canned pineapple
1½ tablespoons lemon juice
½ cup water
1½ cups sugar
½ envelope Watkins Fruit Pectin

Dissolve fruit pectin powder in fruit juices, add water, boiling two minutes and stirring constantly. Add sugar and cook from two to four minutes, according to stiffness desired. Pour into scalded glasses, cover with hot melted paraffin when cold. Seal with hot melted paraffin a second time after cooled. Other canned fruit syrups may be used with this recipe.

Red Raspberry Jelly

3 cups juice
4½ cups granulated sugar
1 envelope Watkins Pure Fruit Pectin

Follow carefully the directions on the Watkins Fruit Pectin envelope with the boiling time 4 minutes.

Tomatoes (Canned)

Sterilize jars and tops. Scald tomatoes, cut in pieces, pack in jars, put on rubber and cover. Fasten cover then give one-half turn of cover back to loosen lid. Place jars in pan, cover bottom of pan with water, place in oven and bake 2½ hours. Always keep bottom of pan well covered with boiling water. Remove from oven, seal tightly.

Green Tomato Relish

5 cups green tomatoes (remove seeds)
4 cups sugar
5 cups vinegar
3 cups chopped cabbage
2 cups chopped celery
1 cup chopped onions
1 red pepper
1 green pepper
¼ cup salt
Watkins Pepper
Watkins Celery Salt
Watkins Mixed Spices

Prepare and blend all ingredients. Cook over slow fire 2 hours. Seal in sterilized jars filled to overflowing.

Tomato Soy

8 large onions
1 peck ripe tomatoes

Slice tomatoes, onions, with 1 teaspoon salt between layers. Let stand overnight, drain off liquid.

SECOND
2 cups chopped pickles
1 large cup vinegar
8 chopped green peppers
1 teaspoon Watkins Cloves
1 teaspoon Watkins Red Pepper
¼ teaspoon Worcestershire sauce
1 tablespoon Watkins Dry Mustard
¼ pound white mustard seed
1 pound light brown sugar
Watkins Mixed Spices

Add pickles, vinegar, peppers, sauce, sugar and spices.
Mix thoroughly and boil 3 hours. Seal in sterilized jars.

Watkins Pineapple Jelly

1 cup juice from canned pineapple
1½ tablespoons lemon juice
½ cup water
1½ cups sugar
½ envelope Watkins Pectin Mix

Dissolve pectin mix powder in fruit juices, add water, boiling two minutes and stirring constantly. Add sugar and cook from two to four minutes, according to stiffness desired. Pour into scalded glasses, cover with hot melted paraffin when cold. Seal with hot melted paraffin a second time after cooled.

Watermelon Rind Pickles

4 quarts watermelon rind
2 teaspoons salt
Water to cover
Make syrup:
2 cups granulated sugar
1 cup vinegar
Watkins Mixed Spices
1 teaspoon Watkins Cinnamon
2 lemons cut fine if desired

Pare and slice watermelon rind, add salt, enough water to cover. Boil until tender. Drain overnight in colander. Cook syrup slowly 15 minutes. Put rind into hot jars, cover with hot syrup. Seal.

Tomato Ketchup

4 quarts ripe tomatoes, peeled
3 red peppers
2 medium onions, peel and cut fine
2 tablespoons salt
⅓ cup sugar
2 cups cider vinegar
2 teaspoons Watkins Celery Salt
2 teaspoons Watkins Mustard
1 tablespoon whole allspice tie in bag
1 tablespoon Watkins Cloves
1 tablespoon Watkins Cinnamon
1 teaspoon Watkins Paprika

Cook tomatoes, peppers and onions together until tender, do not add water. Press through a sieve, then measure. Add salt, sugar, spices. Cook mixture rapidly 1 hour, add vinegar and cook until thick; stir to prevent burning. Slow cooking will give a dark color. Pour boiling hot into clean hot jars and seal. To seal bottles, insert cork then dip into hot paraffin.

Watkins Sweet Pickle Relish

1 dozen cucumbers, small
1 dozen small onions
1 quart vinegar
Watkins Mixed Spices
1 teaspoon Watkins Celery Salt
2 cups sugar
1 teaspoon turmeric powder
1 teaspoon mustard seed
1 teaspoon Watkins Ginger
¼ cup salt

Slice cucumbers and onions, let stand in salt and water 2 to 3 hours. Drain. Add to vinegar, sugar, and spices, cook until tender. Seal in hot sterilized jars.

Watkins Tomato Relish

1 peck ripe tomatoes
2 cups chopped onions
2 cups chopped celery
8 green peppers, chop
6 red peppers, chop
2 cups sugar
4 cups vinegar
½ cup salt
½ cup Watkins Mixed Spices

Chop tomatoes fine, drain 2 to 3 hours. Add remaining ingredients, mix thoroughly, seal in hot jars.

Beverages

Boiled Coffee

1 heaping tablespoon coffee to each cup
1 extra tablespoon coffee for coffee pot
1 teaspoon slightly beaten egg white for each cup
1 cup boiling water

Put coffee in scalded pot. Stir in egg white. Add just enough boiling water to cover, stir well with a fork. Add the freshly boiling water, cover with tight lid. Place over heat, bring slowly to a brisk boil. Boil 3 minutes. Remove pot to pan of boiling water. Pour 3 tablespoons cold water down spout. Let stand 3 to 4 minutes. Strain, serve in hot cups.

Drip Coffee

2 tablespoons coffee
1 cup boiling water

Place coffee in filter section of coffee pot. Add boiling water gradually. Reheat and drip coffee grounds second time to give extra strength.

Percolated Coffee

2 tablespoons (coarse ground) coffee
1½ cups boiling water

Percolate until liquid is amber color, about 5 minutes after coffee begins to boil.

Iced Coffee

Prepare boiled coffee twice usual strength, add ice. Pour into glass with little cream, top with whipped cream, sugar to taste. Serve cold.

Coffee for Fifty

1 pound ground coffee
3 eggs
2½ gallons boiling water

Beat eggs, add coffee and mix well. Add enough cold water to blend. Tie mixture in cheesecloth bag, add boiling water and boil 5 minutes. Lower heat, add 1 cup cold water, let settle 10 minutes, over low fire.

Watkins Hot Cocoa

3 tablespoons Watkins Cocoa
2 tablespoons sugar
2 cups milk
1 cup boiling water
Whipped cream
Watkins Vanilla
Pinch salt

Scald milk in double boiler, blend Watkins Cocoa, salt, sugar in a saucepan. Slowly stir in boiling water, boil 2 to 3 minutes. Stir cocoa mixture into hot milk. Cover, keep hot over boiling water. Just before serving, use rotary beater, whip briskly. Serve in hot cup with dash whipped cream or a marshmallow.

Cocoa Syrup

½ cup Watkins Cocoa
1¼ cups sugar
Few grains salt
1 cup boiling water
1 teaspoon Watkins Vanilla

Blend Watkins Cocoa, sugar and salt. Slowly stir in water, stir constantly, boil mixture 3 minutes. Cool. Add Watkins Vanilla. Keep covered in refrigerator for chocolate drinks.

Iced Cocoa (With Cocoa Syrup)

2 tablespoons Cocoa Syrup
1 cup milk

Use rotary beater, beat briskly. Pour over cracked ice. Serve with whipped cream. Add a dash Watkins Cinnamon.

Watkins Iced Cocoa Drink

6 tablespoons Watkins Cocoa Syrup
¾ cup milk
2 tablespoons cream
¼ teaspoon Watkins Peppermint Extract

Mix thoroughly and chill.

Cocoa Egg Shake

3 tablespoons Watkins Cocoa
½ teaspoon sugar
Pinch salt
¼ teaspoon Watkins Vanilla
1 egg
1 cup milk

Mix Watkins Cocoa with little milk to smooth paste. Add remaining ingredients, beat well, add little whipped cream, ice cube and serve.

Cocoa Malted Milk

1 tablespoon malted milk
1½ cups top milk
½ cup cream
1 tablespoon sugar
1 teaspoon Watkins Vanilla
1 tablespoon Watkins Cocoa

Mix Watkins Cocoa, sugar and malted milk, add to little warm milk heated in double boiler. Cool and chill, add remaining cream and flavoring. Shake.

Chocolate Malted Milk

2 tablespoons Cocoa Syrup
1 cup milk, chill
2 tablespoons malted milk powder

Blend mixture, use rotary beater, whip briskly. Pour over cracked ice.

Ice Cream Soda

3 tablespoons Cocoa Syrup
1 tablespoon Watkins Vanilla
Vanilla Ice Cream
Carbonated water (cold) serve with siphon

Place syrup in tall glass. Add ice cream. Fill glass using one half carbonated water and one half milk. Stir to blend.

Cocoa Eggnog

1 egg white
1 teaspoon sugar
1 teaspoon Watkins Cocoa
Few grains salt
¼ cup top milk (chilled)
½ teaspoon Watkins Vanilla

Beat egg white stiffly, slowly add sugar, Watkins Cocoa and salt sifted together, beat thoroughly. Add milk, flavoring, beat well with rotary beater.

Watkins Iced Mocha Coffee

4 tablespoons Watkins Cocoa
1 cup hot double-strength coffee
¼ cup sugar
Pinch salt
3 cups top milk
Little whipped cream (sweetened)

Dissolve Watkins Cocoa in hot coffee and stir. Add sugar, boil 3 minutes stirring constantly. Place in double boiler, add milk which has been heated but not boiled. Heat thoroughly, remove from fire, beat with rotary beater. Chill, serve with ice cubes and whipped cream.

Watkins Cocoa Coffee Punch

2 cups strong black coffee (cold)
¼ cup maple syrup
¼ cup cocoa syrup (see page 240)
1 cup whole milk

Combine all ingredients, add a few pieces of crushed ice and shake well in a cocktail shaker or glass coffee jar until the mixture is cold. Shake well before serving. Serve 6.

Frozen coffee cubes may be used instead of usual ice cubes for Iced Coffee. Prepare coffee in the usual way, pour into the ice trays and freeze. Drop coffee cubes into glass of hot coffee, use cream and sugar syrup to sweeten and top with whipped cream. Iced Tea cubes may be prepared in same way. Make cubes of the Nectar Base mixtures to serve with Nectar Drinks.

Watkins Choc-O-Late Drink

1 quart whole milk
¼ cup Watkins Chocolate Dessert
Pinch of salt
½ cup sugar
1 teaspoon Watkins Vanilla

Put all but ½ cup milk and the Watkins Vanilla in saucepan or double boiler, add sugar and bring to boiling point. Mix the Watkins Chocolate Dessert with remaining ½ cup of milk, add to hot mixture, stirring constantly, and boil about 3 minutes, being careful not to burn. Remove from fire, add Watkins Vanilla, cool, then place in refrigerator to chill before serving.

Watkins Carbonated Drink

2 teaspoons Watkins Lime, Lemon, Orange or Cherry
Nectar
Sugar to taste
Carbonated water

Blend thoroughly. Ice cubes.

Watkins Orange or Lemon Nectar Base

1 teaspoon Watkins Orange or Lemon Nectar Base
1 glass cold water
2 teaspoons sugar

Use 1 teaspoon Watkins Orange or Lemon Nectar Base to glass of cold water. Add 2 or more level teaspoons of sugar according to taste. Mix well to dissolve sugar. For stronger drink use more Nectar Base and sugar in proportion. Serve cold.

Orangeade

⅓ cup lemon juice
1 cup orange juice (strain)
4 cups water
2 cups granulated sugar
2 oranges, peel, remove seeds and slice

Boil sugar and water to a syrup. Let cool, add juice and ice water. Stir.

Watkins Cherry Nectar Drink

1 to 2 teaspoons Watkins Cherry Nectar Base
¾ glass cold water
2 or more teaspoons sugar to taste

Add sugar to Watkins Nectar Base, mix well, add ice water, stir and serve. Ice cubes.

Lemon Nectar Drink

Delicious, Refreshing Drink

2 teaspoons Watkins Lemon Nectar Base
2 teaspoons sugar, blend sugar and base
⅔ glass iced water

Stir the mixture and add an ice cube.

Watkins Nectar Iced Tea Punch

4 teaspoons Orange Pekoe Tea
5 cups boiling water
¾ cup sugar
¾ cup Watkins Lemon Nectar Base
¼ cup Watkins Cherry Nectar Base

Pour boiling water over the tea leaves, let stand 3 minutes and strain. Cool. Blend the sugar and Watkins Nectar Base and add to tea. Blend the mixture thoroughly and add Nectar Base ice cubes.

Watkins Fruit Punch

¾ bottle Watkins Cherry Nectar Base
¾ bottle Watkins Lemon Nectar Base
½ bottle Orange Nectar Base
5 pounds sugar
5 gallons water, ice cold

Blend Watkins Nectar Base and sugar and slowly stir in the water or a thin syrup may be made of the sugar and water. When cold stir in the Watkins Nectar Base. Serve with ice cubes.

Soybean a Substitute for Meat

The soybean ranks higher in food value and is richer in protein than the commonly used dried table bean. Soybean is 40% protein, 20% oil, contains four of the important vitamins A, B, D, and E, and is equal to the proteins in milk, eggs, cheese and meat.

Soybean builds body tissues and energy without adding fat. It is low in carbohydrates, about half that of other dried beans. The lack of starch has made this vegetable the principal diet of diabetics. Soybeans, whether fresh or dried, are a good source of calcium, phosphorus and iron. Deep green soybeans are rich in vitamin A, also a good source of vitamin B_1 and vitamin G.

Extensive research by the U. S. Department of Agriculture has developed 43 kinds of soybeans, and 17 types are for table use. According to the U. S. Department of Agriculture, they are a nutritious food and may be shelled or cooked in the pod.

To shell the green beans, boil the washed pods in lightly salted boiling water until tender. The length of cooking time will depend on the variety of the beans.

Dried soybeans should always be soaked overnight or at least 12 hours. After soaking, drain, add freshly boiling water and simmer about two hours or until tender.

With a pressure cooker at 15 pounds pressure, certain varieties of beans will cook in half an hour.

For baking, dry soybeans should be cooked in a pressure cooker or in an open kettle until tender, then add seasoning, bacon or salt pork, and bake covered in a fairly slow oven three to four hours or until tender.

Follow any standard recipe for baked beans but, soybeans require longer cooking than navy or white beans.

Cooked soybeans may be pressed through a coarse sieve and the pulp used in a cream soup, in croquettes, in a soybean loaf, blended with beaten eggs, evaporated milk and cracker crumbs.

Soybean flour has been greatly improved by scientific treatment and is now free of the strong bean taste, and will keep fresh and sweet. Buy the improved soybean flour.

Soybean Casserole

2 cups cooked soybeans—cooked until tender then chopped
¼ cup diced salt pork
2 cups diced or chopped celery
2 tablespoons chopped onion
2 tablespoons chopped green pepper
6 tablespoons sifted flour
2 cups milk
1 tablespoon salt
1 cup buttered bread crumbs
Watkins Paprika

Cook the salt pork in a frying pan and brown both sides. Add celery, onion, and green pepper and stir and cook five minutes. Add the cream sauce made from blending flour and milk, add salt, stir and cook mixture to boiling point until starch is well cooked. Stir mixture into the cooked beans and pour all ingredients into a greased baking dish. Cover with buttered bread crumbs and bake about 30 minutes in a 350 degree F. oven.

Soybean Flour Muffins

- 1 cup sifted soybean flour
- 1 cup enriched white or whole wheat flour
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 teaspoons Watkins Baking Powder
- 1 egg, beaten
- ¾ cup milk
- 1 tablespoon melted butter

Sift together the dry ingredients. Beat egg, stir in milk and melted butter and stir into the dry ingredients. Pour mixture into greased muffin tins and bake in a hot oven, 425 degrees F., about 20 minutes.

Soybean Nut Bread

- 1 cup sifted soybean flour
- 1½ cups enriched white flour
- 2 tablespoons sugar
- 3 teaspoons Watkins Baking Powder
- 1 teaspoon salt
- ½ teaspoon Watkins Cinnamon
- 1 cup chopped nuts
- 2 eggs, beaten
- 1 cup milk
- 4 tablespoons melted butter

Sift together the dry ingredients and stir in the nuts. Beat eggs, stir in milk, melted butter and stir into dry ingredients. Blend mixture and pour into well greased loaf pan. Cover and let stand 20 minutes. Bake about 1 hour in a 350 degree F. oven.

Soybean Meal Pancakes

- 1 cup soybean meal
- 1 teaspoon salt
- 1½ teaspoons Watkins Baking Powder
- ½ cup rice flour
- 1 cup and 2 tablespoons milk
- 1 teaspoon butter, melted

Blend the ingredients in order given and cook on a soap stone griddle without grease. Serve hot on a hot plate with hot melted butter and hot syrup.

Soybean Souffle

- 3 cups soybean pulp after cooking
- 1 tablespoon chopped onion
- 3 eggs
- 2 tablespoons minced parsley
- Salt
- Watkins Pepper

Beat egg yolks and stir into other ingredients. Fold this mixture into stiffly beaten egg whites and pour into a greased baking dish. Bake in a moderate oven about 30 minutes and serve immediately.

Baked Soybeans

- 2 cups yellow soybeans
- 1 teaspoon Watkins Mustard
- 2 tablespoons molasses
- 1 tablespoon salt
- ¼ pound fat salt pork
- Watkins Pepper to suit taste

Wash beans thoroughly and soak overnight. Drain, then simmer two hours or until tender. Blend molasses and Watkins Mustard in a cup and add hot water to fill cup. Pour over beans. Add salt and Watkins Pepper and strips of salt pork. Sufficient boiling water should be added to prevent beans drying. Bake in a fairly slow oven until tender.

Economy Recipes

ROASTED MEATS

Wipe meat (beef, pork, veal) with clean, damp cloth. The roast should be put in frying pan with little fat, over moderate flame. It must be turned often to brown evenly. Put in dripping pan (with cover) with one cup water, heat to boiling point, adding from time to time just sufficient water to prevent burning. Keep pan tightly covered to prevent evaporation. Let simmer long enough for meat to become tender, being careful to remove before roast begins to fall apart. Add seasoning after cooking half an hour. Serve hot or cold.

The secret of making stews is the art of seasoning. Onions, chives, Watkins Onion Seasoning, Watkins Celery Salt, Watkins Pepper and Watkins Sage are highly recommended. Also Watkins Cinnamon, Watkins Cloves, Watkins Allspice, bayleaf, Watkins Paprika and Watkins Chili Powder.

DIET HINTS

Milk and fresh vegetables are absolutely essential to a well-balanced diet. Salads with mixture of fresh vegetables should be in one's daily menu. Salads may be spiced or mixed with salad oil, vinegar and Watkins Paprika, Watkins Pepper, Watkins Onion Seasoning and Watkins Celery Salt. Fruits such as grapefruit, apples, pears or bananas should be used. Dried fruits may be used such as apricots, peaches, prunes and apples.

TO CLARIFY FAT

To clarify fat for deep frying so it may be used over and over again, after each frying, fat should be strained through a sieve lined with several thicknesses of cheesecloth. Then cool. When cold add slices of raw potato and slowly heat the fat. When potatoes are brown, strain fat through clean cheesecloth to remove all particles.

Famous Chicken Curry

2 (3½ pound) chickens
6 cups water
3 medium-sized onions, minced
2 apples, minced
6 stalks celery, minced
½ cup olive oil
¼ cup curry powder
1 teaspoon salt
¼ teaspoon Watkins Pepper
½ teaspoon Watkins Ginger
½ teaspoon tabasco sauce
1 tablespoon Worcestershire sauce
¼ cup flour
1 fresh coconut
2 cups heavy cream
3 egg yolks, well beaten
6 cups rice, cooked

Wash and disjoint chickens. Cook in water until tender. Combine onion, apple, celery and cook in olive oil until slightly browned. Add curry powder, simmer 5 minutes longer. Add 4 cups chicken stock and remaining seasonings. Cook 20 minutes. Blend in flour, cook until thickens, stirring constantly. Cut chicken into small pieces, removing bones. Add to thickened mixture with milk drained from coconut. Let stand for 3 hours. When ready to serve add cream and beaten egg yolks. Heat thoroughly, serve at once over hot rice. Makes 8 portions.

These may be used for condiments: Chutney, Watkins Shredded Coconut, small fried onion rings, chopped peanuts, chopped cooked bacon.

Barley Soup

Knuckle veal
Shin beef
Little barley
Salt
Watkins Pepper
Watkins Celery Salt
Watkins Onion Seasoning
Soup greens

Wash meat, cover with cold water, cook until tender. Cool. To strained stock add soup greens, barley, seasoning. Serve hot. Add any cooked vegetable.

Dried Lima Bean, Navy Bean, or Dried Pea Soup

1 cup dried lima beans
3 pints cold water
1 carrot, diced
1 cup milk
3 tablespoons butter
2 tablespoons flour
Salt
Watkins Celery Salt
Watkins Pepper
Watkins Onion Seasoning

Soak beans overnight in cold water, drain. Cook in cold water until soft, press through sieve. Cook carrot in little butter, add to boiling soup. Add milk heated in double boiler. Blend flour and butter with little hot milk. Combine, cook in double boiler 2 minutes, serve with toast sticks.

Potato Soup

2 cups mashed or leftover potatoes
3 tablespoons butter
4 cups milk
Watkins Celery Salt
Watkins Onion Seasoning
Watkins Pepper
Salt

Cook potatoes and milk in double boiler to boiling point. Beat with rotary beater, add seasoning, butter, serve very hot. Watkins Paprika.

Vegetable Soup

1 cup cooked vegetables
3 cups milk
1 slice onion
2 tablespoons butter
Little salt
2 tablespoons flour
Watkins Celery Salt
Watkins Pepper
Watkins Onion Seasoning

Cook vegetable, milk, onion in double boiler 25 minutes, put through sieve. Reheat in double boiler. Add butter, flour blended with little milk. Add seasoning, cook 2 minutes. Serve hot.

Beef and Bean Stew

1 cup red kidney or lima beans
1 cup canned tomatoes
1 pound round steak or boneless chuck stewing meat
1 finely cut onion
Salt
Watkins Pepper
Watkins Celery Salt
Watkins Onion Seasoning
2 ounces salt pork

Wash beans, soak overnight. Cook pork until fat is fried out, remove pork, cook steak, cut into small pieces, brown well, add beans, tomatoes, and seasoning. Place in buttered casserole, cover, cook slowly about 3 hours.

Soup from Leftover Cereal

2 cups cooked cereal
1 quart milk
2 tablespoons butter
Salt
Watkins Pepper

Heat cereal and milk in double boiler until boiling point. Beat with rotary beater until well blended. Add butter and seasoning.

Beef Hash

3 cups cooked meat
3 medium-sized carrots
3 medium-sized potatoes
2 onions, small
¾ teaspoon salt, more if needed
1¼ cups milk
½ teaspoon Watkins Pepper
Watkins Celery Salt
2 cups soft bread crumbs
3 tablespoons melted butter
Watkins Onion Seasoning

Grind meat with coarse blade, cut potatoes, onions and carrots. Add ingredients except butter and bread crumbs. Place in well-greased pan, cover top with buttered crumbs. Place in moderate oven, bake about 1 hour. Serve with or without hot tomato sauce or ½ can tomato soup may be baked with meat.

Corned Beef and Cabbage

Brisket piece of corned beef
Cabbage
Salt
Watkins Pepper
Watkins Prepared Mustard
Watkins Celery Salt
Watkins Onion Seasoning

Trim brisket, cook in plenty of water, bring to boiling point. Skim, let boil slowly until tender. Wrap sections of cabbage in white cheesecloth, cook until tender in meat liquor. Serve with Watkins Mustard, boiled potatoes and a green salad.

Corned Beef Hash

1 12-ounce can corned beef
1 tablespoon minced onion
4 small stalks celery, cut in pieces
1 cup soup stock or water
5 cooked potatoes, cube
1 tablespoon green pepper, cube
Salt
Watkins Pepper to taste
Watkins Mustard

Heat and grease 12 individual muffin rings with bacon drippings. Fill with mixture well blended. Cover with buttered crumbs, bake in moderate oven 30 minutes. Serve with cole slaw and hot muffins.

Chili Con Carne

1½ pounds beef
2 onions
1 No. 2 can tomatoes
6 or 8 ounces spaghetti
Watkins Pepper
1 can red kidney beans
Watkins Chili Powder
Watkins Onion Seasoning
Salt

Chop beef coarse, fry in suet; add onions; fry light brown; season well with salt, Watkins Seasonings, add tomatoes, let simmer 30 minutes or until tender. Cook spaghetti in plenty of water, rinse in cold water. Heat kidney beans to boiling point (about 2 cups). Mix together before serving.

Breatlops (Beef Stew)

2 pounds beef for stew
¼ cup flour
3 tablespoons butter
2 cups beef stock
1 medium-sized onion, cut in slices
2 tablespoons chopped parsley
2 tablespoons chopped celery
3 medium-sized carrots
¾ teaspoon Watkins Pepper
2 teaspoons salt
½ small can tomato paste
Potato dumplings

Cut beef in small pieces. Roll in flour and fry or saute in butter using a heavy iron skillet. Add the remaining ingredients except the tomato paste and cook slowly 2½ hours. Remove the meat to a large platter. Add the tomato paste to the gravy and boil the mixture 1 minute. Pour the gravy over the meat and garnish the platter with potato dumplings. Will serve 6.

Potato Dumplings

1½ pounds potatoes
4 eggs, well beaten
1 scant tablespoon salt
2 tablespoons butter (melted)
2 tablespoons dry bread crumbs
¼ cup flour (little more if needed)
2 quarts boiling water
¼ cup minced parsley

Pare and boil the potatoes and put through a ricer. Stir in the beaten eggs, salt and butter. Add bread crumbs, flour, blend and form into good sized balls. Roll in flour and toss into salted boiling water. Cover and boil 12 minutes. Serve around the meat platter and sprinkle with the chopped parsley.

One Dish Meal for Cold Weather

1 pound hamburger steak
2 tablespoons butter
2 quarts boiling water
1 can red kidney beans
1 can tomatoes
5 cents worth of macaroni
1 teaspoon Watkins Chili Powder
Salt to taste
Watkins Paprika

Place hamburg and butter in large kettle, add little water, cook until meat separates. Add remainder of water (boiling), salt, tomatoes, and macaroni which has been washed and broken into pieces. Cook until well done or about 1 hour. Add Watkins Chili Powder and beans. Serve very hot with hot corn bread.

Cheese Souffle—Luncheon Dish

A Recipe with all bread crumbs and no flour—Will serve 6 to 8

4 eggs
1 quart fresh bread crumbs
2 cups milk, heat
½ teaspoon salt
1 cup grated cheese
2 tablespoons butter
Watkins Paprika

Melt the butter over hot water. Stir in the milk, then bread crumbs. Add well beaten egg yolks, cheese and seasoning. Fold in the stiffly-beaten egg whites. Pour into a buttered casserole and bake 45 minutes in a 325 degree F. oven. Serve immediately. Add Watkins Paprika just before serving.

Beef Stew and Lima Beans

- ¾ pound dried lima beans
- 1 pound boneless chuck stewing meat cut in pieces
- 1 bunch carrots, (5 or 6 quartered)
- Salt
- Watkins Pepper
- Watkins Celery Salt

Soak beans overnight, drain. Add meat and cook 1½ hours in boiling water. Add carrots and cook until tender. Season with salt, Watkins Pepper, Watkins Celery Salt. Serve with tomato sauce.

Corned Beef Hash with Eggs

- 2 cups diced cooked potatoes
- 1½ cups chopped corned beef
- ⅓ cup cream
- 3 tablespoons melted butter
- ½ teaspoon salt
- Watkins Pepper
- 6 eggs
- Watkins Paprika
- (1 small onion chopped fine if desired)

Blend potatoes, beef and onion. Add cream and half of butter. Add salt and Watkins Pepper. Blend mixture and place in buttered baking dish. Make 6 inserts in top. Bake 20 minutes in 400 degree F. oven. Reduce heat to 350 degree F., add the eggs and cover with teaspoon of cream and dot with butter. Bake until egg is cooked. Add dash Watkins Paprika.

Corned Beef and Cabbage

- 1 cup rice, cooked
- 2 cups ground meat
- ½ teaspoon Watkins Pepper
- 1 tablespoon salt
- Hot water
- 1 medium-sized cabbage, leaves separated

Wash the rice thoroughly and cook. Blend with the meat, salt and Watkins Pepper and form in rolls. Roll in a leaf of cabbage. Place the rolls in a buttered casserole, cover with hot water, cover and bake in a moderate oven until done.

Croquettes (Meat)

- 2 cups any cooked cold meat, grind
- 1 to 2 tablespoons flour
- 2 tablespoons butter
- 1 cup milk
- 1 egg
- Salt to taste
- Watkins Pepper
- Watkins Celery Salt
- Fine bread crumbs

Make cream sauce of flour, butter and milk. Add seasoning, moisten meat with sauce, form into croquettes. Chill 30 minutes. Roll in flour, dip in beaten egg with 1 tablespoon milk or water, then roll in bread crumbs. Fry in deep hot fat until brown. Drain on unglazed paper. Or brown in quick oven. Serve with tomato sauce.

Noodles with Ham

- ½ pound noodles
- 1 slice raw ham
- 3 tablespoons olive oil
- 2 onions, chop
- 1 carrot, dice
- ½ cup tomato puree
- Salt
- Watkins Pepper
- 1½ cups meat stock

Cut ham in thin strips, cook. Cook onion and carrot in hot olive oil, but do not brown. Heat stock and tomato sauce thoroughly. Cook noodles in boiling salted water 12 minutes, drain. Place on hot platter, in center leave space for hot sauce. Blend well and serve with grated Parmesan cheese and ham.

Quick Economical Sauce for Cold Meat and Fish

- 4 tablespoons salad oil
- 4 tablespoons cream
- Salt
- 3 tablespoons vinegar
- Watkins Dry Mustard
- Watkins Paprika

Blend oil, cream, vinegar, Watkins Mustard, seasoning, beat with rotary beater. Sauce will not curdle.

Ham Casserole

- Slice of ham 1 inch thick
- 2 whole cloves
- 3 cooking apples
- Brown sugar
- Butter
- 1 cup milk
- Watkins Pepper
- Watkins Dry Mustard

Parboil ham then drain. Spread sugar over ham, dot with butter, place in buttered baking dish. Cover with sliced apples, sprinkle with brown sugar, add butter. Pour milk over mixture. Bake in moderate oven until ham is tender.

Boiled Ham with Vegetables

- Shank end of ham
- 4 to 5 small potatoes
- 1 head cabbage, cut in 4 pieces
- 3 turnips
- 3 to 4 carrots
- Salt
- Watkins Pepper
- Watkins Celery Salt

Parboil ham, place in cold water, simmer 1 hour, add seasoning. Add turnips, cook 15 minutes, add potatoes, cabbage, carrots, cook 30 minutes. Remove vegetables carefully not to break. Or cook vegetables separately, serve hot with ham.

Deviled Ham Loaf

- 2 cups dry bread crumbs
- 2 cups milk
- 3 cups ground ham (1½ pounds) (raw or cooked)
- ¼ teaspoon salt
- 2 eggs, beaten
- 2 tablespoons grated onion
- 1 teaspoon Watkins Prepared Mustard
- 2 tablespoons chopped green pepper
- Salt
- Watkins Pepper

Soak bread crumbs in milk 5 minutes. Blend all ingredients. Place in buttered bread pan and bake about 50 minutes in a 350 degree F. oven.

Hamburg Steak (Top or Bottom Round)

- 1½ pounds ground beef
- 1 cup soft bread crumbs
- Watkins Onion Seasoning
- 1 teaspoon salt
- ¼ teaspoon Watkins Paprika
- 1 egg
- 2 tablespoons melted butter

If meat is too lean add a little ground fat salt pork. Blend all ingredients, form into a steak ¾ inch thick. Broil quickly on one side, turn, reduce heat, cook until done. Add little butter. Serve with tomato, chili sauce or horse-radish. Or serve with fried onion slices.

Lamb En Casserole

2 pounds neck of lamb, cut in pieces
1 large onion
2 potatoes
3 carrots
1 small can peas
Watkins Onion Seasoning
3 teaspoons Watkins Baking Powder
2 tablespoons shortening
¾ cup milk
3 tablespoons flour
1 celery stalk
Watkins Pepper

CRUST:
2 cups sifted flour
4 tablespoons shortening
3 teaspoons Watkins Baking Powder
⅔ cup milk

Cover meat with sufficient water, boil about 20 minutes, reduce heat, let simmer. Add vegetables, cook until tender. Thicken with 3 tablespoons flour, cover with pie crust made of shortening, milk, Watkins Baking Powder and flour. Roll about ½ inch thick, bake about 20 minutes in hot oven. Serve with tomato salad. Or use cutter and place 20 biscuits on top.

Lamb Shanks with Vegetables

6 lamb shanks
6 slices bacon, dice
½ cup flour
1 teaspoon salt
¼ teaspoon Watkins Pepper
1 onion sliced
1 carrot
4 cups tomatoes
2 tablespoons flour
4 tablespoons water
2 teaspoons Worcestershire Sauce
Watkins Paprika

Cook bacon then put aside to keep hot. Roll lamb in flour adding seasoning and brown in bacon fat. Add vegetables, simmer 1½ hours. Remove meat to hot platter. Blend flour, Worcestershire Sauce, stir into vegetables. Cook 5 minutes and pour over meat. Or cook vegetables separately and serve hot with meat.

Stuffed Meat Loaf

1½ pounds beef, ground
½ pound pork, ground
4 slices bread soaked in warm water and drained
1 onion, chopped fine
¾ tablespoon salt
¼ teaspoon Watkins Pepper
2 eggs
1 recipe onion dressing
½ cup water
½ cup chili sauce

Combine beef, pork, bread, onion, salt, Watkins Pepper and eggs. Mix well. Line bottom and sides of greased loaf tin with meat mixture. Fill center of pan with onion stuffing, cover top with remaining meat. Spread loaf with melted shortening and pour water over top. Cover with chili sauce. Bake in moderate oven 1 hour or until done.

Dutch Cabbage

1 head solid cabbage, chop
3 tablespoons meat frying
1 tablespoon sugar
½ teaspoon salt
½ teaspoon Watkins Mustard

Blend all ingredients, cover with boiling water and cook 30 minutes. Remove from fire. Blend 1 beaten egg, 1 tablespoon flour and ½ cup cider vinegar and stir into cabbage.

Meat Balls

- 1½ pounds beef, ground
- ½ pound pork, ground
- Salt
- Watkins Pepper
- Watkins Onion Seasoning
- Pinch Watkins Nutmeg
- Pinch Watkins Ginger

Mix well, form into balls, fry in hot fat until brown. Put in roaster. Add 1 tablespoon flour to drippings, make gravy, pour over meat. Or use 1 cup cream with flour, and bake 1 hour.

Meat Loaf

- ½ pound ground pork
- 1½ pounds ground beef
- 2 eggs
- 1 teaspoon (scant) salt
- ½ cup milk
- ¼ teaspoon Watkins Pepper
- Watkins Onion Seasoning
- ½ cup soft bread crumbs
- 5 tablespoons melted butter to soften bread
- 1 small can tomato soup
- Watkins Celery Salt
- Watkins Sage

Mix beef, beaten eggs, milk and seasoning. Form in loaf. Bake 1½ hours in moderate oven. Baste every 10 minutes with hot water adding little butter. Serve with tomato sauce.

Chow Mein Meat Loaf

- 1½ pounds beef, ground
- ½ pound pork, ground
- 1 can corn
- 1 can tomato soup
- 1 egg, beaten
- 1 cup cheese, grated
- 2 packages noodles, fried
- Salt
- Watkins Pepper
- Watkins Celery Salt

Add noodles to boiling salted water, cook 10 minutes. Drain, put in strainer pour over noodles cold water. Drain. Blend all ingredients, put in buttered pan, bake 1 hour. Baste as above.

Lamb Shoulder

Have shoulder boned. Wipe meat with a damp cloth, sprinkle inside of the pocket with salt and Watkins Pepper. Fill center with hot stuffing, lightly, and sew edges together. Rub salt, Watkins Pepper and flour on outside, with thin slices of bacon over the top. Place on a rack in an open pan. Do not add water, do not cover. Brown in a hot oven, 450 degrees F. for 30 minutes. Reduce heat to 325 degrees F., cook until tender, from 2½ to 3 hours for medium size. Turn roast during cooking. Serve hot with brown gravy.

Meat Pie

1 pound beef shoulder
¼ pound pork shoulder
3 tablespoons shortening
1 onion, minced
Watkins Onion Seasoning
½ cup celery
2 potatoes, diced
⅔ cup carrots, diced
Salt to taste, about 1½ teaspoons
Watkins Pepper
Watkins Celery Salt

CRUST:

1½ cups flour
4 tablespoons shortening
¾ cup milk
4 teaspoons Watkins Baking Powder
¾ teaspoon salt

Cut meat in small pieces, dip lightly in flour, brown in hot frying pan with hot melted shortening. Add little hot water, cover, simmer until tender. Place meat and vegetables in buttered baking dish, cover with gravy made of meat drippings with 2 tablespoons flour. Add salt to taste. Cover with pie crust as follows:

Sift flour, salt and Watkins Baking Powder together. To flour mixture work in shortening. Slowly add milk, roll to ½ inch thickness, place over meat, but moisten rim with water to hold pastry. Prick dough with fork for steam to escape. Bake in hot oven until brown. Serve with lettuce and tomato salad or cole slaw.

Mexican Luncheon Dish

1 pound lean lamb, cut
2 tablespoons fat
2 medium-sized onions
¾ teaspoon salt
1½ cups canned tomatoes
¾ teaspoon Watkins Chili Powder
Watkins Pepper
Watkins Celery Salt
Hot cooked rice

Brown meat in hot fat with onions. Add tomatoes, seasoning, little water, cover. Cook slowly until meat is tender. Serve hot with hot cooked rice.

Pot Roast

3 pounds beef, chuck, rump, or round
3 tablespoons bacon fat
1 green pepper, diced
5 large carrots
6 medium-sized potatoes
2 turnips, diced
1½ cups green beans
5 medium-sized onions
1 large stalk celery
Salt
Watkins Pepper
Watkins Celery Salt
Watkins Onion Seasoning

Roll meat in flour, brown in hot bacon fat, season with salt and Watkins Pepper. Remove meat to deep kettle, cover tightly, simmer 3 hours. Add vegetables to meat, season with salt, let simmer about 50 minutes or until tender. Remove meat and vegetables, add little flour to thicken gravy. Serve with cabbage salad.

One Dish Meal

- 1½ pounds pork steak
- 1½ pounds veal steak
- 1 package fine noodles
- 1 can chicken soup
- 1 green pepper
- ¼ pound mild cheese, put through sieve
- 1 can corn, add little butter
- ⅓ cup cracker crumbs

Cut meat into small pieces and boil until tender, about 45 minutes. Add well-washed noodles, soup and chopped green pepper, cook until noodles are tender, about 25 minutes, add cheese. Place in buttered baking dish, cover with corn, then crumbs and bake in moderate oven about 30 minutes.

Blistered Hollandaise of Crab

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup thin cream
- Salt
- Watkins Pepper
- 1 cup fresh crabmeat, lobster or shrimp
- 1 egg
- Juice of ½ lemon
- Dash Watkins Nutmeg

In double boiler over boiling water, melt butter, stir in flour. Slowly stir in cream. Add salt and Watkins Pepper. Add crabmeat, blend all ingredients. Pour into buttered casserole, cover with Hollandaise Sauce. Place under broiler until blistered and brown. Add Watkins Paprika.

Liver in Timbales

- 2 cups cooked liver
- 1 cup bread crumbs
- 1 cup milk
- 2 tablespoons butter
- 2 eggs
- ¼ teaspoon salt
- Watkins Pepper

Chop the liver fine. Soften the bread crumbs in milk and add remaining ingredients. Blend the entire mixture and fill buttered timbale molds or custard cups. Set in pan with hot water and bake in a moderate oven about 25 minutes.

Dried Lima Beans or Dried Peas as Vegetables Serve with Roast

Pick over beans, soak in cold water overnight and drain. Cook in boiling salted water, covered, 2½ to 3 hours until tender. Drain, add butter, salt, Watkins Pepper. Serve hot with tomato sauce. Serve dried cooked peas with butter.

Soy Beans

- 1 cup dried beans will equal 2 to 3 cups cooked

Pick over beans. Wash, cover with cold water, soak overnight, drain. Cook covered in boiling salted water 4 to 6 hours until tender. Add boiling water when necessary. Small piece of bacon or ham may be cooked with beans. Drain, season with salt, Watkins Pepper.

Lima Bean Loaf (May be substituted for a meatless meal)

2 cups cooked dried lima beans
2 tablespoons minced onion
2 tablespoons tomato ketchup
3 tablespoons melted butter
1 egg, well beaten
1 scant teaspoon salt
¼ teaspoon Watkins Pepper
1 cup soft bread crumbs

Blend ingredients thoroughly. Press into buttered loaf pan. Bake in moderate oven about 25 minutes. Serve with crisp bacon and cole slaw and sliced or baked tomatoes.

Mexican Corn

1 No. 2 can Golden Bantam corn
2 tablespoons butter
2 tablespoons green pepper, chop
2 tablespoons pimento
1 cup heavy cream
Salt
Watkins Paprika

Melt butter, add corn and heat thoroughly. In the meantime, cut thin slice from stem end of green pepper, remove seeds, parboil in boiling salted water, uncovered 8 minutes. Drain, cool, chop. Blend all the ingredients and serve very hot.

Stuffed Green Peppers

2 cups cooked chicken
1 cup cooked rice
1 tablespoon butter
2 eggs, beaten
⅓ teaspoon salt
⅛ teaspoon Watkins Pepper
6 green peppers
Watkins Paprika

Cut thin slice from stem end of peppers, remove seeds. Parboil in boiling salted water uncovered about 10 minutes. Drain. Cool. Blend chopped chicken, rice, beaten eggs and seasoning and fill peppers. Add few bread crumbs and little melted butter on top. Bake in 350 degree F. oven about 35 minutes. Well seasoned canned corn may be substituted for rice and chicken.

Sausage Meat Roll

2 cups soft bread crumbs
¼ cup water
1 pound ground hamburg
¼ pound sausage meat
1 teaspoon salt
½ cup flour (sifted)
¼ cup chopped green pepper
¼ teaspoon Watkins Pepper
Watkins Onion Seasoning

Blend the crumbs, water, meat, pepper, seasoning and mix well. Form into a roll and dredge or roll in flour. Place in a pan and bake in a hot oven, 450 degrees F., 15 minutes. Reduce heat to moderate, 350 degrees F., and continue baking another 45 minutes or longer. Cook sausage until well done. Serve with tomato sauce.

Roast Spareribs

Season spareribs with salt and Watkins Pepper. Make bread stuffing of dry bread crumbs (remove all crust), moisten with melted butter, salt to taste, little Watkins Pepper, Watkins Sage. Fill ribs, roll, fasten ends together so bone will stand up. Place in roasting pan, sprinkle with little flour, add water, bake 2 hours. Serve with stuffed potatoes and a green salad.

Smothered Spareribs

- 4 pounds spareribs, quite lean
- 1 teaspoon salt
- ¼ teaspoon Watkins Pepper
- 1 tablespoon bacon drippings
- 1 tablespoon flour
- ¼ teaspoon Watkins Chili Powder
- 3 cups boiling water
- 1 cup tomatoes
- Watkins Onion Seasoning

Wipe the spareribs with a clean cloth and cut into pieces for serving. Sprinkle with salt and Watkins Pepper. Place the bacon fat in the frying pan and heat, but do not brown. Sear the spareribs to a golden brown and remove to a hot platter. Add the flour and Watkins Chili Powder to the hot fat and stir until well blended. Stir in the boiling water and bring to the boiling point. Stir in the tomatoes and the seared meat. Cover and simmer over a low fire 1 hour.

Swiss Steak

- 2 inch thick round steak
- 2 tablespoons bacon fat
- 2 medium sliced onions
- 4 medium diced carrots
- 1 can tomato soup
- 3 or 4 potatoes
- Salt
- Watkins Pepper
- Watkins Celery Salt
- Watkins Onion Seasoning

Season steak with salt, Watkins Pepper, pound flour into steak. Sear meat in hot fat, place in roaster, pour can of tomato soup over meat, simmer 1 hour. Cover meat with sliced onions, potatoes and carrots. Cover. Cook another hour. Remove meat and vegetables, add little flour, make gravy. Serve with a green salad.

Salisbury Steak

- 2 cups finely ground beef
- 2 cups fresh bread crumbs
- 2 eggs, well beaten
- 1 cup cream
- 1 onion, cut in pieces and cooked in little butter
- Salt
- Watkins Pepper

Blend all the ingredients and form into four individual portions. Fry on both sides to a brown, about 10 to 12 minutes. Serve hot on a hot platter.

Veal Pot Roast with Vegetables

- 3 to 7 pounds veal chuck, shoulder, rump or round steak
- Salt
- Watkins Pepper
- Watkins Celery Salt
- Sifted flour
- Watkins Onion Seasoning
- Little beef suet
- ½ cup hot water
- Onions
- Carrots
- Potatoes

Sprinkle meat with salt, Watkins Pepper, dredge with flour. Tie meat in round loaf, brown in heavy iron pot using beef suet, use low rack under meat to keep from burning. Add water, cover, cook over slow fire until tender, about 3 hours. About 1 hour before meat is done, add vegetables which have been washed, peeled and quartered. For gravy: Skim off fat from pot. Add 3 tablespoons flour, mix with rest of drippings, stir over fire until smooth, add seasoning. Serve hot.

Jellied Veal

- 3 pounds veal shoulder
- Knuckle veal
- ½ pound salt pork
- ½ green pepper
- 4 hard cooked eggs
- Salt
- Watkins Pepper
- Watkins Celery Salt

Boil meat until it drops from bone. Cut in pieces. Boil meat liquid longer. Add chopped pepper and eggs to meat, add seasoning, place in mold, cover with meat liquid. Chill.

Paprika Veal with Rice

- 1 clove garlic
- 3 tablespoons butter
- 3 pounds veal steak (cut in 1½ inch pieces)
- ¾ teaspoon salt
- 1 tablespoon Watkins Paprika
- Watkins Onion Seasoning to taste
- 1 cup sour cream

Cook clove of garlic 1 minute in the butter. Take out garlic. Add the meat and brown. Stir often. Add the seasoning and cream. Cover, cook over slow fire about 1 hour or until tender. See below.

Browned Rice with Meat

- 2 cups dry uncooked rice (wash thoroughly and drain)
- 3 tablespoons butter
- 1 quart boiling water

Cook rice in butter, stirring frequently. When a golden brown, add the water, do not cover but simmer for 1 hour and then steam in double boiler. Serve hot with Paprika Veal.

Rissoles from Leftover Meat

- 1 tablespoon cooked meat
- Thin pie crust
- Watkins Pepper
- Watkins Celery Salt
- Watkins Onion Seasoning
- Watkins Paprika
- Beaten egg
- Bread crumbs
- Cream sauce

Use cooked chicken, fish, ham, tongue, or canned fruit and rice. Roll pie crust very thin, cut in rounds. Add well-seasoned meat with cream sauce or fruit. Moisten edge and fold over dough. Dip into beaten egg, then crumbs. Fry in deep fat. Drain well, serve hot.

Casserole of Beef

4 cups cold cooked beef (cut in small pieces)
2 cups meat stock
½ cup celery, cut in pieces
1 cup carrots, cut in cubes
1 onion sliced thin
1 cup tomatoes
⅛ teaspoon Watkins Pepper
½ teaspoon salt
1 cup peas (canned)
1 cup beans (canned)
1 cup cooked macaroni, cook until tender
1 teaspoon Worcestershire sauce
Watkins Celery Salt

Mix all ingredients except peas, beans. Cover, bake in moderate oven 1 hour. Add above vegetables, cook.

Old-Fashioned Boiled Dinner

5 pounds corned beef brisket
1 cabbage, cut in pieces
3 turnips
4 carrots
4 potatoes
Watkins Pepper
Watkins Onion Seasoning
Watkins Celery Salt

Wash meat carefully, place in kettle, cover with cold water, have quick fire. Skim. Come to boil. Place over slow fire, cook 3 hours. About 45 minutes before serving, remove all fat. Take part of liquid, strain, and in separate kettle cook vegetables until tender. Add to meat after being placed on hot platter.

Scotch Eggs

1 pound sausage meat
6 hard boiled eggs
1 beaten egg
Bread crumbs
Salt
Watkins Pepper
Watkins Paprika

Boil eggs 30 minutes, turn often. Cool. Remove shell, cover with sausage. Dip in egg and crumbs, fry in hot fat until brown. Cut in halves, serve hot as luncheon dish. Watkins Paprika.

Hamburger Loaf

1½ pounds chopped meat, 1¼ of beef and ¼ of pork
1 teaspoon salt
1 teaspoon Watkins Onion Seasoning
Little Watkins Black Pepper
Watkins Celery Salt
1 beaten egg
½ cup bread crumbs, cooked rice or macaroni
1 tablespoon butter, melt
½ cup tomato soup

Mix well, make a loaf. Add little Watkins Pepper and Watkins Onion Seasoning. Bake in moderate oven about an hour.

Homemade Sausage

3¼ pounds lean pork, ground
1¼ pounds fat pork, ground
½ tablespoon Watkins Sage
2 tablespoons salt
½ tablespoon Watkins Black Pepper or
Watkins Poultry Seasoning to taste

Mix the meat together thoroughly and stir in the seasoning. Place in the refrigerator 10 to 12 hours to flavor. Will make 5 pounds.
It is important to cook all pork thoroughly.

Homemade Sausage

2 pounds pork shoulder, ground
2 teaspoons salt
Watkins Pepper
½ tablespoon Watkins Ground Sage or
Watkins Poultry Seasoning

Mix the above ingredients together. Put aside several hours to flavor. Make into meat patties and fry slowly to light brown, pouring off any surplus fat. Serve with baked apples or apple rings. Cook until well done.

Fried Sausage Cakes

Form sausage meat into cakes. Pan broil in hot frying pan about 15 minutes and pour off any surplus fat. Drain the cakes on brown paper and serve hot. Or bake uncovered in a moderate, 350 degree F., oven about 30 minutes. One pound of sausage meat will make 8 cakes. It is important that sausage be thoroughly cooked.

Boeuf Stroganoff

1¼ pounds chipped beef off the round
Watkins Pepper
Onions, sliced
French fried potatoes

Cut meat in small pieces and brown in a hot pan with butter. In another pan brown onion in butter. Cook French fried potatoes. Butter a bake dish and put a layer of the meat and onions and then a layer of potatoes, using 2 layers of each. Cover with cream and bake in a hot oven 30 minutes.

Roast Veal

3 to 5 pounds roast
Salt
Watkins Pepper
Solid veal from shoulder, chuck or leg

Wipe roast, sprinkle with salt, Watkins Pepper. Dredge with flour. Brown on all sides using suet or bacon fat. Or place strips of salt, fat pork around meat. Sear in very hot oven, 550 degrees F., 15 minutes. Add ½ cup hot water, cover and cook slowly 2 to 2½ hours, 275 degrees F., or until tender.

Luncheon Dish

- 1½ pounds pork steak
- 1½ pounds veal steak
- 1 can chicken soup
- 1 package fine noodles, break
- Watkins Onion Seasoning
- 1 can corn, add little butter
- 1 green pepper
- ¼ pound mild cheese
- ⅓ cup cracker crumbs
- Watkins Celery Salt

Cut meat into small pieces, boil until tender, about 45 minutes. Add noodles, soup and chopped green pepper. Cook until noodles are tender, about 25 minutes, add grated cheese. Place in buttered baking dish, cover with corn, then crumbs, bake in moderate oven about 30 minutes.

Hamburg and Onions

- 4 onions
- Salt
- Watkins Pepper
- Butter
- 1 pound hamburg
- 2 tablespoons butter
- ½ cup soft bread crumbs
- ½ teaspoon salt
- ⅛ teaspoon Watkins Pepper
- Thin slices bacon

Peel and cut onions ½ inch thick. Soak in little milk. Drain, dry, sprinkle with salt, Watkins Pepper, place in buttered baking dish, add melted butter. Bake in 350 degree F. oven about 30 minutes. Blend meat and remaining ingredients, form into 4 cakes, wrap each cake with a strip of bacon, fasten with a toothpick. Place on drained onion slice and broil. Turn to thoroughly cook.

Vegetable Souffle

- ¼ cup butter
- ¼ cup flour
- ⅓ cup cream
- ⅓ cup water (in which vegetable was cooked)
- 1 cup cooked vegetable put through sieve
- 3 eggs
- Salt
- Watkins Pepper

Use carrots, squash, spinach as preferred. Melt butter, add flour gradually. Stir in cream, vegetable and water. Beat yolks of eggs until lemon colored and add to mixture. Then add stiffly beaten whites of eggs. Pour in buttered baking dish and bake in slow oven. Set dish in pan of hot water. This is especially nice with carrots or Hubbard squash.

Old Fashioned Cole Slaw

- 8 tablespoons light brown sugar
- 2 tablespoons water
- 4 tablespoons vinegar
- 1 teaspoon salt
- ½ teaspoon Watkins Pepper
- 3 cups finely shredded cabbage
- Watkins Paprika

Heat the vinegar and water, dissolve the sugar and cool. Chill the cabbage and add seasoning, then pour over the liquid. Blend carefully using two forks. Serve at once. Add dash of Watkins Paprika.

Raw Carrot or Beet Salad

3 carrots (about 1 cup)
Salt
Watkins Paprika
French salad dressing

Crisp carrots in ice water. Grate. Mix with salad dressing.

Lemon Jello Salad

1 package lemon Jello
2 cups boiling water
1 cup finely shredded cabbage
½ cup raw carrots (grate)
½ cup diced celery
¼ cup cut green pepper
Watkins Paprika

Dissolve Jello in boiling water. Pour into mold, when cool add vegetables, when firm serve with salad dressing. Hot fruit juice instead of boiling water adds to flavor.

Lime Salad

1 package lime Jello
1¾ cups boiling water
1 small can crushed pineapple
2 cups ripe apples
1 or 2 ripe bananas
½ teaspoon Watkins Lemon Extract

Dissolve Jello in boiling water. Pour into mold, when cool add fruit. When firm serve with salad dressing.

Watkins Perfection Salad

1 package lemon Jello
1 pint boiling water
1 cup cooked peas
1 cup cooked diced carrots
½ cup finely shredded cabbage
Salt to taste
1 chopped green pepper
½ cup celery, cut
Watkins Onion Seasoning
Watkins Celery Salt
Watkins Paprika
Boiled salad dressing

Pour boiling water over Jello, let cool. When mixture begins to thicken, add vegetables and seasoning. Mold. Add salad dressing before serving.

Hot Slaw

½ cabbage, shredded
2 egg yolks slightly beaten
¼ cup cold water
½ teaspoon salt
1 tablespoon butter
⅓ cup hot vinegar
Watkins Paprika
Little sugar to taste

Mix egg yolks, butter, salt and vinegar, cook in double boiler stirring constantly until thick. Mix well with cabbage, dash of Watkins Paprika.

Economy Desserts

Apple, Peach or Berry Cobbler

2 cups flour
¾ teaspoon salt
4 teaspoons Watkins Baking Powder
4 tablespoons butter
1 scant cup milk
Watkins Nutmeg

Mix, sift flour, salt and Watkins Baking Powder. Work butter into mixture, add milk. Roll on bread board about ¼ inch thick. In buttered pudding dish place sliced ripe peaches, sprinkle with sugar, pieces of butter, 1 tablespoon flour. Cover with dough, bake in quick oven. Serve with cream.

Watkins Children's Pudding

Prepare Watkins Coconut Dessert according to directions given on container. When ready to take from fire add few drops Watkins Red Coloring and Watkins Strawberry Flavoring. Serve cold in sherbet glasses with whipped cream. This pudding is a splendid substitute for ice cream for children's parties. Or use Chocolate Dessert.

Watkins Chocolate Butterscotch Pie

Butter size of egg
1 cup brown sugar
⅓ cup Watkins Chocolate Dessert
1 cup milk
1 teaspoon Watkins Vanilla
2 egg yolks
3 tablespoons sugar

Put butter and sugar in skillet and brown. Add milk, Watkins Chocolate Dessert dissolved in an additional ½ cup of milk, Watkins Vanilla. Let boil about 3 minutes, beat in egg yolks. Pour into baked pie crust. Cover pie with meringue made of stiffly beaten whites of eggs and sugar. Return to oven to brown slightly.

Watkins Chocolate Date Cup

2 eggs
¼ cup sugar
½ cup dates, pitted and cut
½ cup chopped walnuts
2 or 3 tablespoons milk
2 heaping teaspoon Watkins Chocolate Dessert
1 teaspoon Watkins Vanilla
Watkins Shredded Coconut

Two eggs beaten two or three minutes. Add sugar, dates, pitted and cut, chopped walnuts, Watkins Chocolate Dessert mixed with 3 tablespoons milk, Watkins Vanilla. Put in greased baking dish, bake in slow oven 35 or 45 minutes. Serve with whipped cream, sprinkle with Watkins Shredded Coconut. Serves 4 to 6. Delicious.

Watkins Apple or Peach Cake

1 egg
1 cup milk
½ cup granulated sugar
1 tablespoon melted lard
2 cups sifted flour
2 teaspoons Watkins Baking Powder
¼ teaspoon salt
½ teaspoon Watkins Lemon Extract
Sliced apples
Watkins Cinnamon mixed with little sugar
Watkins Nutmeg

Beat egg, add sugar, alternately add milk, flour sifted with salt. Watkins Baking Powder. Mix thoroughly, add shortening. Pour in greased baking tin, press slices of apple ½ inch thick into batter, sprinkle with Watkins Cinnamon and sugar mixture. Bake in moderate oven.

Watkins Economy Spice Cake

(Butterless, Eggless and Milkless)

1 cup brown sugar
1 cup boiling water
1 cup raisins (more if desired)
⅓ cup lard
¼ teaspoon Watkins Nutmeg
1 teaspoon Watkins Cinnamon
1½ cups flour
⅛ teaspoon Watkins Cloves
¼ teaspoon Watkins Ginger
¼ teaspoon Watkins Allspice
½ teaspoon salt
1½ teaspoons Watkins Baking Powder
1½ teaspoons Watkins Vanilla

Boil sugar, water, lard, raisins together about 3 minutes until sugar is well dissolved. Put aside until cold. Sift flour, Watkins Baking Powder, spices together, add to above mixture, add flavoring. Bake in moderate oven. Use small square tin.

Watkins Cocoa Frosting

1 cup confectioners' sugar
2 heaping tablespoons Watkins Cocoa
Pinch salt
Watkins hot Coffee to blend
¼ teaspoon Watkins Vanilla

Mix Watkins Cocoa, sugar, salt, add enough Watkins Coffee to make smooth paste. Add Watkins Vanilla, beat well.

Watkins Chocolate Dessert Cake

1 cup sugar and 2 tablespoons shortening creamed together
1 egg
1½ cups flour
½ cup Watkins Chocolate Dessert
¼ teaspoon salt
2 teaspoons Watkins Baking Powder

Break egg into cup, fill with milk and beat, add sugar and shortening. Sift flour, salt, Watkins Chocolate Dessert and Baking Powder together, add to first mixture, then add 1 teaspoon Watkins Vanilla. Bake in layers, 375 degree F. oven, 25 minutes. Use your favorite frosting.

Baked Apple or Peach Dumplings

1 recipe rich Baking Powder Biscuit
Fruit
Watkins Cinnamon or Nutmeg
Butter
Sugar

Roll baking powder biscuit dough ¼ inch thick. Cut in 4-inch squares. Place fruit, pared, cored or pitted in center of square. Add sugar, butter, Watkins Cinnamon or Nutmeg. Draw four corners of dough together, press edge closely. Prick with fork. Bake to medium brown in 350 degree F. oven about 35 minutes. Serve hot with cream or pudding sauce.

Berry Dumplings

2 cups sifted flour
4 teaspoons Watkins Baking Powder
½ teaspoon salt
Fruit
1 tablespoon sugar
3 tablespoons shortening
1 cup milk
½ teaspoon Watkins Vanilla

Sift together flour, salt and Watkins Baking Powder. Cut in shortening. Stir in milk to make stiff dough. Stir in cup of sweetened fruit and Watkins Vanilla. Drop from tablespoon into rapidly boiling salted water. Cover and cook about 12 minutes. Drain well and serve with your favorite pudding sauce.

Boiled Apple or Peach Dumplings

Follow above recipe but place dumpling in a small coarse well floured cloth dipped in hot water. Tie cloth securely, leaving room for dumpling to swell. Place dumpling in boiling salted water and boil 45 minutes. Serve hot with fruit sauce or pudding sauce.

Bread Pudding

2 cups dry bread crumbs, no crust
1 quart milk, scald
⅓ cup sugar
3 tablespoons butter
2 eggs, beaten
½ teaspoon salt
1 teaspoon Watkins Vanilla

Soak bread in milk. Cool. Add remaining ingredients. Pour into buttered pudding dish. Bake about 1 hour in 325 degree F. oven. Use coarse grater for bread crumbs. Grated rind of 1 lemon may be added.

Butterscotch Bread Pudding

Follow above recipe using 1 cup light brown sugar instead of white and cook with the butter, stirring constantly. Cool. Blend with above mixture.

Baked Apple

Wash and core firm apples. Add butter, sugar (white, brown or maple) mixed with raisins, dates, nuts, canned peaches or pineapple, diced marshmallows, or any combination of these. Bake in buttered pan with little water. Add little butter, Watkins Nutmeg or Cinnamon.

Steamed Bread Pudding

- 1 quart bread crumbs
- 1 cup molasses
- 1 cup flour (sifted)
- 1 teaspoon soda dissolved in little hot water
- 1 cup raisins
- 1 teaspoon Watkins Cinnamon
- 1 heaping tablespoon butter
- 1 teaspoon Watkins Vanilla or Lemon Flavoring

Blend all ingredients, pour into buttered mold, cover, steam 2½ hours. Serve with whipped cream or vanilla sauce. 1 cup seeded raisins may be added, or 1 cup orange marmalade, or 1 cup chopped dates and 1 cup Watkins Coconut.

Jelly Bread Pudding

- 2 cups fine bread crumbs
- 1 quart scalded milk
- 2 eggs, whole
- 3 egg yolks
- 1 cup sugar
- 2 tablespoons butter
- 1 teaspoon Watkins Vanilla
- 1 cup Watkins Shredded Coconut

Soak bread crumbs in scalded milk until soft. Beat 2 whole eggs and 3 egg yolks with sugar, add to crumbs with butter. Mix well, add Watkins Vanilla. Place in buttered baking dish, set in pan with water and bake in slow oven 40 minutes.

Pudding Sauce

Mix Watkins Dessert according to recipe on container, adding twice as much milk as recipe calls for and one fourth more sugar. Used over bread pudding, rice pudding, gives a delightful taste and flavor.

Fruit Pudding Sauce

(For left-over canned fruit juice)

- ½ cup sugar, sweeten to taste
- 1 tablespoon cornstarch
- ⅛ teaspoon salt
- 1 cup hot fruit juice
- 1 tablespoon lemon juice
- 2 tablespoons butter

Blend sugar, cornstarch and salt. Slowly stir in hot water. Bring to boil; stir constantly and cook until mixture thickens.

Caramel Pudding

1 cup brown sugar
½ cup butter
2 cups milk
⅓ cup cornstarch
1 teaspoon Watkins Vanilla
¾ cup Watkins Shredded Coconut

Melt sugar, butter over hot water, add hot milk. Blend in cornstarch which has been dissolved in little milk. Cook in double boiler. Remove from fire. Cool. Add Watkins Shredded Coconut and Watkins Vanilla.

Corn Flake Pudding

2 cups corn flakes
2 cups milk
½ cup molasses
½ cup sugar
2 eggs, beaten
Little salt
⅓ teaspoon Watkins Ginger
½ teaspoon Watkins Vanilla

Place corn flakes in buttered baking dish. Blend all ingredients and pour over flakes. Bake in 350 degree F. oven until mixture sets.

Cottage Pudding

¼ cup butter or shortening
⅔ cup granulated sugar
1 egg
½ cup milk
1½ cups flour (well-sifted)
½ teaspoon Watkins Vanilla, Almond or Lemon Extract
2 teaspoons Watkins Baking Powder
½ teaspoon salt

Cream butter, sugar, add beaten egg, beat well. Add milk alternately with sifted dry ingredients, mix thoroughly. Turn into square pan well greased, bake in moderate oven about 25 minutes. While warm cut into squares, serve with any leftover fruit or sauce.

Cake Crumb Pudding

3 eggs
1 cup sugar
⅓ cup butter
4 teaspoons jelly
1 cup rich milk
2 cups dry cake crumbs
1 teaspoon Watkins Flavoring

Combine all ingredients, bake 45 minutes in well-buttered baking dish. Set in pan with little hot water. Serve with hard sauce or foamy pudding sauce or sweetened fresh fruit.

Cornstarch Pudding

1 pint milk
3 tablespoons sugar
3 tablespoons cornstarch
2 egg whites
1 teaspoon butter
⅛ teaspoon salt
1 teaspoon Watkins Lemon Extract
½ cup Watkins Shredded Coconut

Boil milk and sugar together. Mix cornstarch in little milk, add to boiling milk.
Cook in double boiler, when mixture thickens add well-beaten whites of 2 eggs. Add Watkins Shredded Coconut. Serve with sugared fresh fruit.

Date Charlotte Russe

1 tablespoon gelatin
¼ cup cold water
⅓ cup scalded milk
⅓ cup powdered sugar
1 cup whipped cream
1 teaspoon Watkins Vanilla
½ cup chopped nuts
½ cup chopped dates
Lady fingers

Soften gelatin in cold water and dissolve in hot milk with sugar. Chill until mixture begins to congeal, then whip until light. Fold in cream add Watkins Vanilla. Fold in nuts and fruit. Arrange lady fingers around edge of glass serving dish and pile mixture in center. Chill. Will serve 6.

Pork Fruit Cake

¼ pound fat salt pork, ground fine
½ cup boiling water poured hot over ground pork
½ cup light brown sugar
½ cup molasses
½ cup currants
½ cup raisins
¼ cup chopped citron
½ cup candied orange peel, cut
1 egg, beaten
1 teaspoon Watkins Cinnamon
¼ teaspoon Watkins Cloves
¼ teaspoon Watkins Allspice
¼ teaspoon Watkins Nutmeg
½ teaspoon soda
2 teaspoons Watkins Baking Powder
¼ teaspoon salt
2 cups flour (sifted)
½ tablespoon Watkins Vanilla

Blend mixture as for any cake. Pour boiling water over the ground pork. When cool, add remaining ingredients. (Plump raisins and currants in warm water. Drain, dry, place in oven few minutes and chop.) Blend all fruit with some of the sifted flour and add fruit last. Pour into greased lightly floured, deep loaf tin. Bake in 300 degree F. oven about 1½ hours. Place a small pan with hot water in oven to steam while cake is baking.

Gingerbread Dessert

1 cup sugar
½ cup butter
2 eggs
1 cup sour milk
½ teaspoon soda
3 tablespoons molasses
1 teaspoon Watkins Ginger
1 teaspoon Watkins Cinnamon
¼ teaspoon Watkins Cloves
⅛ teaspoon salt
2 cups flour (sifted)
1½ teaspoons Watkins Baking Powder

Sift all the dry ingredients together in a bowl. Cut in the shortening. Add remaining ingredients and blend thoroughly. Pour into a buttered square 9x9 pan bake about 25 minutes in a 350 degree F. oven. Reserve ½ cup of flour, butter, sugar and spice mixture and sprinkle over the top of cake before baking. Serve with sweetened whipped cream adding a few drops of Watkins Vanilla.

Junket

2 tablets Junket
2 pints milk, heat
¼ cup Watkins Shredded Coconut
6 tablespoons sugar
½ teaspoon Watkins Vanilla, Lemon or Almond Extract

For Chocolate Junket:
Blend 3 tablespoons Watkins Cocoa and 2 tablespoons hot water, stir into warm milk.

Heat milk to lukewarm in double boiler. Dissolve Junket tablets in 2 tablespoons cold water, stir into milk. Add sugar, pinch of salt, and Watkins Vanilla. Pour into glasses, leave at room temperature to set. Then chill. Serve with fresh fruit, and cream, or top with sweetened whipped cream adding few drops Watkins Vanilla. Double recipe to serve 12.

Watkins Refrigerator Ice Cream Vanilla

2½ cups milk
1 cup sugar
2 eggs
1 teaspoon Watkins Vanilla
1 cup whipping cream
½ cup Watkins Coconut Dessert

Heat to boiling 2 cups milk and 1 cup sugar, add dessert powder dissolved in ½ cup milk. Cook with egg yolks until thick, cool. Add well beaten egg whites, pour into tray and freeze. Return to room temperature, beat. Add stiffly beaten cream and beat until fluffy, return to refrigerator and freeze. Mold overnight.

Watkins Refrigerator Ice Cream Chocolate

Same as Vanilla, using Watkins Chocolate Dessert.

Chocolate Ice Cream

½ cup light brown sugar
½ cup boiling water
1¼ cups granulated sugar
¼ cup Watkins Chocolate Dessert
3 cups rich sweet milk
1 cup cream
2 eggs

Add boiling water to the brown sugar, let boil two minutes and cool. Beat the egg yolks, add the white sugar and mix thoroughly. In a saucepan place ¼ cup Watkins Chocolate Dessert (shake can vigorously before measuring). Add the milk, stir the mixture and boil 3 minutes and cool. Add the brown sugar syrup to the beaten egg yolks and blend with the cooked Dessert mixture. When entirely cold, fold in the whipped cream and stiffly-beaten egg whites. Freeze and let stand 60 minutes or more to flavor. This recipe makes 2 quarts. This special Watkins Ice Cream makes a delicious dessert to mold in electric refrigerator. Place in the freezing tray 6 hours and stir every 45 minutes for three times.

Watkins Lemon Ice Cream

(Watkins Chocolate Dessert or Watkins Butterscotch or Coconut Dessert may be substituted)

- ½ cup light brown sugar
- ½ cup boiling water
- 1 cup granulated sugar
- ⅓ cup Watkins Lemon Dessert
- 3 cups rich sweet milk
- 1 cup cream
- 2 eggs

Recipe will make 2 quarts, electric or hand freezer.

Add boiling water to the brown sugar, let boil two minutes and cool. Beat the egg yolks, add the white sugar and mix thoroughly. In a saucepan place ⅓ cup Watkins Lemon Dessert (shake can vigorously before measuring.) Add the milk, stir the mixture and boil 3 minutes and cool. Add the brown sugar syrup to the beaten egg yolks and blend with the cooked Dessert mixture. When entirely cold, fold in the whipped cream and stiffly-beaten egg whites. Freeze. Or place in the freezing tray 6 hours and stir every 45 minutes for three times.

Rice Pudding

- 2 cups milk
- ¼ cup butter
- ⅓ cup sugar
- 4 eggs, slightly beaten
- ½ cup cooked rice
- ¾ cup raisins
- 1 teaspoon Watkins Vanilla

Scald the milk, add the butter and sugar. Cool. Slowly stir into the beaten eggs and add remaining ingredients. Pour into a buttered pudding dish, set in pan with hot water, and bake in a slow oven until the custard is firm—about 45 minutes. Serve with cream.

Apple Rice Pudding

- 3 cups sliced apples
- 2¼ cups water, hot
- 1 cup sugar
- 1 teaspoon Watkins Cinnamon
- ½ teaspoon Watkins Nutmeg
- 2 teaspoons Watkins Vanilla
- 3 cups cooked rice
- 3 tablespoons lemon juice
- 2½ tablespoons butter

Add lemon juice to apples. Melt sugar in water, stir in apples. Add spices, cook 5 minutes. Blend remaining ingredients, pour into buttered baking dish. Bake about 30 minutes in 350 degree F. oven. Serve with cream, or serve plain.

Rice Souffle

- 3 cups milk
- 1 cup sugar
- ⅔ cup rice
- 3 eggs
- 2 tablespoons butter
- Little salt
- 1 teaspoon Watkins Vanilla
- Grated rind ½ lemon

Wash rice until water is clear. Scald milk and sugar in top of double boiler. Add rice, lemon rind and cook until rice is tender. Stir in beaten egg yolks, butter. Partly cool, fold in beaten egg whites and Watkins Vanilla. Pour into buttered baking dish. Bake about 25 to 30 minutes in a 350 degree F. oven. Serve with maple sauce.

Steamed Chocolate Souffle

¼ cup butter
¼ cup flour
1⅔ cups milk
2 squares chocolate
½ cup sugar
⅛ teaspoon salt
3 eggs
1 teaspoon Watkins Vanilla

Scald milk, chocolate, salt and sugar in top of double boiler. Blend butter and flour, stir in hot milk, stir and cook until mixture comes to a boil. Cool. Add beaten egg yolks. Add Watkins Vanilla, fold in stiffly beaten egg whites. Pour into well oiled mold, cover with waxed paper which should be oiled. Steam 3 hours. Serve with Watkins Spice Vanilla Sauce.

Watkins Pineapple Coconut Pudding

1 can grated pineapple
3 cups milk
1 cup sugar
1 egg yolk
1 egg white
¾ cup Watkins Coconut Dessert
Pinch salt
1 teaspoon Watkins Vanilla

Put milk, sugar, salt in saucepan, let come to boil. Mix Dessert with milk thin enough to pour, stir into hot milk, cook until thick. Add well-beaten egg yolk, lastly, beaten egg white, Watkins Vanilla, cook minute longer. Pour in individual dishes with grated pineapple, serve with whipped cream. Sprinkle top with Watkins Shredded Coconut.

Tapioca Cream

½ cup tapioca, soak overnight in 3 cups cold water
1 quart milk, scald
4 eggs
1 cup sugar
1 teaspoon Watkins Vanilla
Few grains salt

To the well beaten egg yolks stir in sugar and tapioca. Stir mixture into hot milk and cook a few minutes. Remove from fire add Watkins Vanilla. Pour stiffly beaten whites into serving dish, then pour in hot tapioca custard. The egg whites will come to top. Serve cold with ripe strawberries.

Peach Tapioca

3 cups sliced cooked peaches
3 cups water, hot
½ cup minute tapioca
½ cup sugar
1 teaspoon Watkins Lemon Extract

Blend tapioca and sugar, stir in water. Cook in double boiler until clear, about 20 minutes. Add lemon. Pour over peaches. Serve cold with custard sauce.

Watkins Coconut Custard

3 cups milk, heat
3 eggs
¼ cup sugar
½ teaspoon Watkins Vanilla
Pinch salt
¾ cup Watkins Shredded Coconut
Little butter

Let milk cool, add beaten eggs, sugar, salt, Watkins Vanilla, Watkins Shredded Coconut. Add butter, turn into buttered baking dish. Set in pan with little hot water. Bake.

Watkins Cocoa Cake

½ cup butter or other shortening
1¼ cups brown sugar, pack into cup
2 eggs, unbeaten
1 cup sweet milk
2 cups flour (sifted)
3 teaspoons Watkins Baking Powder
6 tablespoons Watkins Cocoa dissolved in little hot water
1 teaspoon Watkins Vanilla
¼ teaspoon salt

Cream butter well, add sugar slowly, beat until creamy. Add eggs one at a time, blend. Add Watkins Cocoa, sifted flour, Watkins Baking Powder, alternately with milk, mixing to smooth batter. Add Watkins Vanilla. Bake in two 9-inch layer pans in 375 degree F. oven, about 25 minutes. Use any frosting.

Watkins One Egg Cake

½ cup sugar
1 egg, beaten
3 tablespoons shortening
½ cup sweet milk
1½ cups flour sifted
2½ teaspoons Watkins Baking Powder
Few grains salt
1 teaspoon Watkins Vanilla

To creamed shortening add sugar and beaten egg. Alternately add milk and flour sifted with salt and Watkins Baking Powder. Add Watkins Vanilla. Bake in square greased tin in moderate oven about 30 minutes. Use any frosting.

Watkins Two Egg Cake

½ cup shortening
1 cup sugar
2 eggs
½ cup milk
2 teaspoons Watkins Baking Powder
¼ teaspoon salt
1¾ cups flour (sifted)
½ teaspoon Watkins Vanilla
½ teaspoon Watkins Lemon

Cream shortening, slowly add sugar, egg yolks, beat thoroughly. Add dry ingredients sifted together 3 times. Fold in beaten egg whites. Bake in 375 degree F. oven, 25 minutes for layer cake, 45 minutes for loaf, or bake in muffin tins, 25 minutes.

Watkins Quickly Made Cake

2 large or 3 small eggs
1 cup sugar
1 cup cream
3 teaspoons Watkins Baking Powder
½ teaspoon salt
2 cups flour sifted
1 teaspoon Watkins Vanilla
Watkins Shredded Coconut

Beat eggs, slowly add sugar, beat hard. Add cream alternately with flour sifted with Watkins Baking Powder, flavoring. Bake in 375 degree F. oven about 25 minutes. Serve with whipped cream adding little sugar and Watkins flavoring. Use Watkins Shredded Coconut, ripe sliced peaches or ripe bananas.

Watkins Sour Cream Cake

1 egg
½ cup granulated sugar
½ cup raisins
1 cup flour
½ cup sour cream
½ teaspoon soda
½ teaspoon Watkins Baking Powder
Pinch salt
1 teaspoon Watkins Lemon

Dissolve soda in little hot water. Pour little hot water over raisins, drain well. To beaten egg add sugar, cream, sifted dry ingredients, raisins, flavoring. Bake in moderate oven. 1 teaspoon Watkins Cinnamon, ¼ teaspoon cloves, ½ teaspoon Allspice may be added.

FOOD FOR INVALIDS

The preparation and serving of food is of especial importance in illness. Food for invalids should be perfectly cooked, attractively served, suited to the digestive powers of the patient.

Arrange the tray as daintily as possible. Use the best China. Serve hot dishes hot; cold dishes cold.

Serve one course at a time. Have surprise food for patients.

In contagious diseases all dishes, plates, silver, etc., should be sterilized.

Beef Juice

Cut thin, juicy meat into pieces 1½ inches square; broil 1½ minutes over hot fire. Squeeze with hot ricer. Season with salt and Watkins Pepper.

Beef Tea

Free a pound of lean beef from any fat, skin, etc. Chop beef fine. Put into pint of cold water 2 hours. Simmer 3 hours, do not boil. Add little cold water. Press and strain. The best meats are round and rump. Cold water draws out the albumen; boiling water coagulates it.

Corn Meal Gruel

5 tablespoons corn meal
¼ teaspoon salt
1 teaspoon sugar
1 quart boiling water
1 cup milk (hot)

Mix corn meal, salt, sugar, into thin paste with little cold water. Add quart boiling water, cook 3 hours. Add cup milk and cream. Oatmeal may be substituted.

Eggnog

¾ tablespoon sugar
¾ cup milk
¼ cup cream
1 egg
¼ teaspoon Watkins Vanilla
Pinch salt

Beat egg well; add sugar, beat again; add remaining ingredients. Serve at once. Watkins Nutmeg.

Poached Eggs

Drop 1 egg from saucer into skillet with 3 pints briskly boiling water. Lower heat, with spoon, dip water over egg. Cover pan 1½ minute. Remove with skimmer, add little salt and butter. Serve on hot plate. Poach each egg in freshly boiling water.

Albumen Water

Beat lightly the white of 1 egg, stir into glass of water. Add sugar if permissible.

Orange Albumen

Juice of 1 orange
1 egg white
Sugar
Crushed ice

Strain orange juice, add egg white, stir until dissolved. Add sugar and ice. Beat.

Beef Tea

1 pound lean beef

Wipe beef with clean cloth. Place in a glass canning jar, no water, cover tightly and set in a kettle of cold water. Slowly heat to boiling and continue cooking steadily 3 to 4 hours until all the juice has been drawn out. Add salt. When cold, skim.

Beef Tea

1 pound lean beef, no fat
Equal amount of cold water

Cut meat from bone then grind. Blend meat with an equal amount of cold water. Heat slowly to boiling. Boil 2 minutes. Strain through white linen cloth. Season to taste.

Chicken Broth

Prepare chicken carefully for cooking. Broil slowly in just enough cold water to cover well. Add more water if needed. When chicken is tender, add salt, very little Watkins Pepper. Beaten yolk of an egg may be stirred into broth. Strain and serve hot.

Veal or Mutton Broth

2 pounds scrag end mutton
2 quarts cold water
2 tablespoons pearl barley or rice

Place meat in saucepan with cold water and well washed rice. Let come to boil, skim thoroughly. Cover, boil 2 hours. Add ½ teaspoon salt. Let boil until half reduced, strain, remove all fat. If vegetables may be used, cook 1 turnip, 1 carrot and 1 onion after peeling and cutting into shreds. Boil in broth 30 minutes.

Cocoa Cordial (Use in case of chill or exhaustion)

1 teaspoon Watkins Cocoa
½ cup boiling water
1 teaspoon sugar
1½ tablespoons port wine

Blend sugar, Watkins Cocoa and slowly stir in boiling water. Boil mixture few minutes. Remove from fire, add wine.

Nutritious Coffee

⅓ teaspoon gelatin
2 cups milk, heat
1 to 2 tablespoons ground coffee

Dissolve gelatin in water. Heat milk to boiling. Add coffee, and boil 3 minutes. Remove from fire, add gelatin, let stand a few minutes. Strain coffee into well beaten egg. Add sugar to taste and serve.

Soft Cooked Eggs

1 quart boiling water
2 eggs

Wash eggs, place in boiling water on back of stove. Cover, let stand 10 minutes. Serve in hot cup.

Gruel

2 tablespoons corn meal
¾ cup cold water
Salt to taste

Stir corn meal into water, add 2 cups boiling water boil gently 30 to 40 minutes. One cup milk may be substituted for same amount of water. Season to taste just before serving.

Egg Gruel

1 egg
Sugar
Lemon juice
1 cup milk, hot
Watkins Vanilla

Beat egg yolk, add few drops lemon juice. Add 1 tablespoon sugar to beaten white. Fold white into egg yolk, beat and pour over hot milk. Beat rapidly.

Egg Lemonade

1 egg, beaten
2 teaspoons sugar
⅔ glass iced water

Beat egg, beat in sugar. Add water, then stir in strained juice of one half lemon.

Sherry Eggnog Or Brandy Or Whiskey

Beat egg yolk, stir in 1½ teaspoons sugar. Beat and add ½ cup rich milk. Add brandy, 1 to 2 tablespoons, beat well. Stir and fill glass with milk.

Oatmeal Water

One teaspoon to a quart of water. Boil down to 1 pint, then strain.

Irish Moss Jelly

1 ounce Irish Moss
2 cups water
1 cup milk
Sweeten to taste

Blend moss and water and cook mixture. Cool, stir in milk. Sweeten to taste.

Mulled Jelly

1 tablespoon currant or grape jelly
1 egg white
1 teaspoon sugar
¾ cup boiling water

Beat egg white, add sugar. Add jelly to hot water. Blend mixture, pour over slice of dry toast.

Tapioca Jelly

1 cup tapioca
1 quart cold water
Watkins Vanilla or Lemon Extract

Wash tapioca thoroughly, soak 3 to 4 hours in 1 quart cold water. Simmer until clear, stirring often. Add strained juice of lemon, or a little wine. Sugar to taste.

Cream Lemonade

1 egg white
Sugar to taste
Juice of 1 lemon
½ cup cream
Ice cubes

Fill bottom of glass with cracked ice, add egg white beaten stiff, and sugar. Stir constantly, add lemon juice, stir well, then add cream. Will make 2 glasses.

Milk Lemonade

1 tablespoon sugar
2 tablespoons sherry
Juice of 1 lemon
½ cup milk
½ cup water

Add sugar to lemon juice, add sherry, add cold water, blend well, stir in cold milk.

Milk Punch

¾ cup top milk
1 to 2 tablespoons brandy
1 teaspoon sugar
Cracked ice
Or use Watkins Vanilla or Nutmeg instead of brandy

Blend all the ingredients, shake well and serve.

Fermanlactol Milk

1 quart milk (at least 12 hours old)
1 fermanlactol tablet (crush)

Add tablet to milk, stir to dissolve. Let stand in warm place 12 to 24 hours. Beat thoroughly, place on ice.

Chicken Custard

1 cup strong chicken stock
1 cup cream
3 egg yolks
Salt

Scald stock and cream, pour over well-beaten egg yolks. Cook in double boiler until slightly thickened. Serve hot.

Watkins Desserts

Watkins Lemon Dessert
Watkins Chocolate Dessert
Watkins Coconut Dessert

Delicious and nourishing. Directions on container.

Soft Custard

1 pint milk, scalded
2 egg yolks
¼ cup sugar
¼ teaspoon Watkins Vanilla
Few grains salt

Beat eggs, add sugar, salt and scalded milk slowly. Cook in double boiler, stirring constantly until mixture coats spoon. Add Watkins Flavoring.

Toast Water

Equal measures of toasted stale bread and boiling water. Let stand 1 hour. Season, strain, serve hot or cold. Pinch salt.
Given in extreme cases of nausea.

Milk Porridge

1 cup boiling water
1½ tablespoons corn meal
1½ tablespoons flour
1 cup rich milk
Salt to taste

Moisten meal and flour with little milk, stir into boiling water. When smooth cook 5 minutes. Add hot milk and little cream.

Potato Soup

1 quart milk
2 tablespoons butter
4 potatoes
1 teaspoon salt
½ teaspoon Watkins Celery Salt
2 eggs
Watkins Pepper
Watkins Paprika

Boil, mash, potatoes; add butter, salt, Watkins Celery Salt; scald milk, add to potato mixture; beat eggs well; stir quickly into soup, when boiling point is reached, serve immediately with 1 tablespoon of whipped cream.

Watkins Cocoa

1 teaspoon Watkins Cocoa
1 teaspoon sugar
1 cup hot milk
Little whipped cream

Mix Watkins Cocoa and sugar, dissolve in little hot water. Stir into hot milk, let come to boil. Serve with cream.

Pineapple Juice

Ripe fresh pineapple
Sugar
Egg white

Peel, shred pineapple with fork, add sugar, let stand 2 to 3 hours. Crush pineapple with potato masher, squeeze through ricer. Stir in stiffly beaten egg white. The pulp may be boiled with water, adding a little sugar and used in lemonade.

Rice Water

2 tablespoons rice
1 quart boiling salt

Wash rice thoroughly through 5 or 6 waters. Stir into boiling water. Simmer until rice is soft and partially dissolved. Strain, add pinch of salt. Serve hot or cold.

Plain Rice Pudding for Invalids

5 cups milk
3 tablespoons dry rice
⅓ teaspoon salt
3 tablespoons (level) sugar
Few drops Watkins Vanilla

Wash rice thoroughly. Place ingredients in buttered baking dish. Add bits of butter. Bake 3 hours in very slow oven, to the consistency of thick cream. Stir 4 times during first hour of cooking, but do not stir after film forms over top.

Plain Milk Toast

Cut a thin slice of dry bread. Toast bread quickly, sprinkle with a pinch of salt, add 3 tablespoons hot milk. Crackers split and toasted may be served instead of bread.

Whey

½ pint warm milk
1 teaspoon Essence of Pepsin or liquid rennet

Blend, when the mixture forms, beat the curd with a fork, and strain off the whey.

Wine Whey

2 wine glasses sherry
2 pints milk

Stir sherry into hot milk, simmer 15 minutes, skim off the curds as they rise. Add 1 tablespoon of sherry. Skim again and strain through a clean linen cloth.

A Nourishing Drink

Blend a wine glass or ¼ cup sherry, ½ wine glass lime water and 3 wine glasses of milk. Use ice and shake well. Sugar may be added.

Watkins Appetizing Desserts

Delicious, tasty, nourishing desserts can be quickly made with Watkins Butterscotch, Lemon, Chocolate, Tapioca and Coconut Desserts. The Desserts are economical and can be served for unexpected company with a few minutes work.

Keep Watkins Desserts on the pantry shelf ready for instant use. These Desserts are high-quality food products that should be in every home. Make a pudding or a filling for a pie or cake, cookies, or ice cream as a treat every member of the family will enjoy.

Puddings should be included to round out a completely balanced meal, as the sugar content gives the body fuel to produce energy. Desserts should come at the end of a meal and not displace essential protective foods that supply the building tissues and regulate the human body. Select simple desserts and Watkins Desserts are quickly digested and are wholesome and nutritious.

Watkins Desserts, attractively garnished with fruit, served plain or with cream or whipped cream will be a favorite and add to the daily menu.

Lemon Dessert Ice Cream

(2 Quarts)

½ cup light brown sugar
½ cup boiling water
2 eggs
1 cup granulated sugar
⅓ cup Watkins Lemon Dessert
½ cup cold water
3 cups rich sweet milk
1 cup cream

Stir boiling water into the brown sugar, boil two minutes and cool. Beat the egg yolks and stir in the granulated sugar, mix well. Shake can of Watkins Dessert before measuring. Blend Watkins Dessert with cold water and add to the milk. Cook three minutes, then cool. Add the brown sugar syrup to the beaten egg yolks and sugar, blend with the cooked Watkins Dessert. When entirely cold, fold in the whipped cream and stiffly beaten egg whites. For hand freezer, let stand one hour to flavor. To freeze in automatic refrigerator —place in freezing tray and let stand overnight. Stir every 45 minutes for three times.

Watkins Pudding Sauce

Mix Watkins Dessert according to the recipe on the container, adding twice as much milk as the recipe calls for and one-fourth more sugar. Use over bread pudding, rice pudding for a delicious pudding sauce.

PIE — A Favorite Dessert

Art of Making Pie Crust

The art of making pie crust, aside from good ingredients, is a quick light handling of the dough, and proper baking. The dough should be kept as dry as possible and it is important to use little flour in rolling, otherwise the crust will be tough. The new heavy cloth pastry pad or the "magic cover" for the bread board and rolling pin will give excellent results, because no extra flour is needed when rolling the dough.

Materials Necessary

Bread or pastry flour may be used in making pie crust; some experts blend the two, other authorities insist on using all pastry flour. If all-purpose flour is used, a larger amount of shortening is needed to produce a flaky crust.

Shortening

Any firm sweet shortening may be used. The best results are obtained in making pie crust by the use of vegetable shortening, and part butter is often used. Pure lard will give good results if carefully blended. It is important to have the shortening in small uniform pieces, well coated with the flour.

Liquid

The amount of liquid depends upon the kind of flour used. From 2 to 4 tablespoons of ice water to each cup of flour is recommended; the water must be added a little at a time and always dropped in a different spot. The dough should be well-blended, pressed lightly into a ball and wrapped in waxed paper and chilled thoroughly, several hours if possible, before using. Then roll the dough ⅛-inch thick on a lightly-floured board and follow any of the recipes given here.

Watkins Desserts Make Delicious Pies

Chilled pie dough may be wrapped in waxed paper and kept in the refrigerator for a quick dessert. Roll the dough, line the pie tin and bake in a hot oven. Then make a rich, tasty filling of any one of the Watkins Desserts. Fill the baked shell with the custard, cover with meringue and return to oven to lightly brown. Your family or unexpected guests will praise your skill in serving a "blue ribbon" dessert in such a short time.

Fresh Fruit Pie

3 to 4 cups prepared fruit
1 cup sugar, more if needed
1 to 2 tablespoons flour or quick-cooked tapioca
¼ teaspoon salt
1 tablespoon butter
1 recipe Plain Pastry, chilled
For bland fruit, add 1 to 2 tablespoons lemon juice
If fruit is dry, add 2 or more tablespoons water

Stir dry ingredients into fruit and mix well. Add fruit mixture to pie plate, dot with butter. Add top crust with openings for steam to escape, or arrange lattice strips across top. Brush with top milk. Bake in hot oven, 450 degrees F., 10 minutes, then reduce heat to moderate 350 degrees F., and bake about 20 to 30 minutes longer.

Nutritive Value of Meats

Meat contains proteins of high quality for building muscle, and essential minerals, iron and phosphorus. Meat is palatable, it stimulates the digestive juices and satisfies the appetite. Meat furnishes energy. The food value of the different kinds and cuts of meat is practically the same when properly cooked. The main difference in food value is in the fat content; fat cuts yield more calories, but the lean cuts have a higher percentage of protein. Select meat with particles of fat through the fiber.

Meat shrinks in cooking. Allow one-fourth pound without bone, for each person, and one-half pound of lean, with fat and bone.

Experts state that moderate temperature results in less cooking losses, saves food value, and the meat is more palatable. Cook meat according to cut.

Meat Hints

A valuable booklet, Meat Dishes At Low Cost, may be obtained by sending ten cents in coin to the Supt. of Documents, Washington, D. C.

1. Place meat on a dry plate, cover loosely with waxed paper and keep in the coldest part of the refrigerator.

2. Do not remove the "fell," the papery covering on a leg of lamb, because the meat will hold its shape better and cook more quickly.

3. Have steaks for broiling cut at least one inch thick, preferably 2 inches, otherwise the interior is cooked too much before the outside of the meat has browned. Serve steaks hot on a hot platter.

4. Cook pork at low to moderate temperature and cook all pork UNTIL WELL DONE.

5. Veal SHOULD NOT be seared in roasting as this method dries out the meat.

6. A CONSTANT LOW TO MODERATE TEMPERATURE IS BEST FOR ROASTING ALL MEAT.

7. Tender cuts of meat should be cooked by DRY HEAT, that is, broiling, pan-broiling and roasting.

Less tender cuts should be cooked in hot water, by braising, or by stewing.

8. Whether the bone is left in the meat or removed, has no effect on the flavor of meat; requires less cooking.

9. In cooking bacon, only remove from the refrigerator the amount to be cooked. If left at room temperature, moisture will form and lessen the keeping qualities. Place strips of bacon in a cold heavy skillet, heat slowly, drain off fat as it forms. Drain the cooked bacon on white paper towel to remove grease and serve on a hot platter.

10. Keep cooked meat in a covered container in the refrigerator and use promptly. Covering the meat prevents drying.

11. Keep smoked meat in a dark, cold place.

12. In carving, cut meat across the grain. This shortens the meat fibers and makes the meat more tender.

13. Cook quick-frozen meat the same as fresh meat.

14. To Cook Meat Without Sticking to Pan: Sprinkle salt in bottom of a heavy skillet. Heat skillet then add meat.

15. Cook meat at MODERATE temperature. Do not overcook, to avoid shrinkage and for better flavor.

Use Watkins Seasonings to make the meat more palatable.

Meat Cookery

Roasting Meat

Remove paper wrapping immediately, wipe meat with a clean, damp cloth (never wash meat), keep in the refrigerator until ready to cook. Season with salt and Watkins Pepper. Place fat side up on a RACK in an open roaster. DO NOT ADD WATER. DO NOT COVER. DO NOT BASTE. Insert meat thermometer, but do not touch bone. Roast the entire cooking period at even temperature—350 degrees F.; for fresh pork cook to 185 degrees F.

General Rules for Roasting Meat For Beef, Veal, Pork and Lamb

1. Oven temperature should be moderately low, 350 degrees F. Roast meat at constant temperature.

2. Because searing meat does not keep in the juices, experts do not sear meat.

3. Place the roast on a rack in the baking pan, fat side up, which makes basting unnecessary.

4. The roast may be salted before or after cooking.

5. Do not cover the roast.

6. Do not add water.

7. Flouring a roast is unnecessary.

8. Use a meat thermometer which is the only accurate way of cooking meat to the desired degree of doneness:

140 degrees F., rare; 160 degrees F., medium; 170 degrees F., well done.

9. Rolled roasts should be turned every half hour so they will cook more evenly.

10. Always use a rack in the roasting pan when cooking meat.

Steaks Should be Broiled at Moderate Temperature

Steaks should be broiled at a temperature of 350 degrees F. during all or most of the cooking period for the following reasons:

1. The steak will be uniformly cooked throughout.

2. There will be less shrinkage.

3. There will be a higher percentage of edible meat. Steaks will be more tender. Appearance of the meat will be more attractive. There will be no charring of bone or fat.

4. There will be less smoking. Searing method may be used for thin steaks and chops.

For smoked ham, beef, lamb, pork or veal, have oven temperature 300 degrees F. Remove from the oven when the meat thermometer registers the desired degree of doneness.

Pan-Broiling

Place meat in a heavy frying pan. Do not cover. Do not add fat. Do not add water. Brown the meat well on both sides, season with salt and Watkins Pepper, reduce temperature and turn occasionally. Pour off the fat as it forms in cooking. Serve hot on a hot platter. To test the doneness make cut close to the bone near the end of the cooking period and note the color of the meat.

Broiling

Porterhouse, Club Steak, Sirloin, Beef Patties, Lamb Steak Patties. Turn the regulator to broil. Place the meat so that a two-inch steak is three inches from the source of the heat. If a one-inch steak, two inches from source of heat. The meat may be served rare, medium or well done. Serve the meat sizzling hot on a hot platter.

Pan Broiling (Ham Slices)

Broil top of meat until nicely browned, add salt and Watkins Pepper. Turn meat, broil the other side. Add piece of butter, and serve immediately on a hot platter.

Braising

Lamb Neck Slices—Lamb Shanks — Beef Short Ribs — End-Cut Pork Chop—Rump Pot Roast—Blade Pot Roast—Heel of Round—Round Steak —Veal Round.

Season meat with salt and Watkins Pepper. Dredge meat in flour if desired and brown meat on both sides in hot fat. Add liquid if needed—water, meat or vegetable stock. Cover tightly and cook SLOWLY until tender, in the oven or top of the stove.

Cooking Meat in Water

Boiling Beef — Pork Hocks — Beef Brisket—Beef Plate— Beef Shanks—Lamb Riblets — Lamb Breast—Smoked Shoulder — Veal Tongue — Veal Shank — Veal Breast.

Season with salt and Watkins Pepper. Brown the meat on all sides in own fat or hot lard. Cover with hot water. Cover kettle tightly and cook at simmering heat—just below boiling point until tender. It is best to cook vegetables separately and add just to flavor, a few minutes before serving. DO NOT OVERCOOK VEGETABLES or you destroy the vitamins.

Variety Meats

Variety meats, such as liver, heart, kidneys, sweetbreads and brains are excellent sources of complete quality proteins and are economical. These meats contain certain minerals such as iron, phosphorus, copper and vitamins.

Hints in Buying

There is no Government grading by which the Homemaker may judge the grade of variety meats. Look for quality with the following hints:

First, select bright color in buying liver, heart and kidney. Beef liver has a darker color than calves liver. Brains when fresh, are pinkish gray. Next to color, select variety meats that are full, plump and free from blemishes.

In preparing kidney, remove the outer covering before cooking. Scald lamb and hog liver before cooking, this treatment is not necessary in cooking beef and calves liver.

Soak brains in COLD water before removing the outer covering. Remove outer covering of tongue **after** the meat is cooked. Keep meat and poultry in the coldest part of the refrigerator.

Variety Meats Are Economical

Liver: Fry liver at moderate heat. Do not overcook.

Kidney: Broil tender kidneys. Make a stew of less tender ones.

Heart: Requires long, slow cooking at simmering heat. Use Watkins Seasonings adding Onion Salt to the gravy.

Use a well-seasoned dressing to stuff a heart. Cook in a covered baking dish, adding a little water.

Tongue: Simmer until tender.

Brains: Simmer until tender. Dip in an egg-and-milk mixture, then in bread crumbs and fry in hot fat, using a heavy skillet. Or scramble cooked brains with beaten eggs. Serve very hot.

Candy

Almond Butter Crunch

1 cup butter
1 cup sugar
3 tablespoons water
1 tablespoon corn syrup
⅓ cup chopped toasted almonds
¼ pound sweet or bitter chocolate
⅛ cup finely-chopped, blanched almonds
1 teaspoon Watkins Vanilla

Melt butter, stir and add sugar until dissolved; add water and corn syrup, stir occasionally and cook slowly to prevent burning, until a small amount of the mixture is brittle when dropped in cold water, or cook to 300 degrees F. Remove from heat, add toasted almonds and Watkins Vanilla, turn into buttered pan and mark into squares immediately. Melt chocolate in top of double boiler lined with waxed paper, when candy is cool, spread with chocolate coating and sprinkle with chopped almonds.

Nut Brittle

1½ cups sugar
¼ cup light corn syrup
Few grains salt
½ cup water
1-16 teaspoon baking soda
2 tablespoons butter
¾ cup chopped nuts
1 teaspoon Watkins Vanilla

Combine sugar, corn syrup, salt and water; cook, stirring constantly until sugar is dissolved and mixture boils. Continue cooking until small amount is brittle when dropped in cold water, or to 300 degrees F. Remove from heat, add soda, butter and nuts, stirring just enough to mix. Pour in very thin sheet onto large buttered baking pan. As candy cools, lift edges and pull as thin as possible. When cold break into irregular pieces.

Coconut Brittle

Omit soda; substitute 1 cup coconut for nuts.

Brown Sugar Fudge

2 cups brown sugar
Few grains salt
¾ cup chopped walnut meats
¾ cup cream
2 tablespoons butter
1 teaspoon Watkins Vanilla

Dissolve sugar in cream, cook until soft ball stage when tested in cold water. Remove from fire, add butter, nuts and flavoring. Let cool. Beat until creamy, press in buttered pan and cut in squares.

Butterscotch

3 cups brown sugar
2 tablespoons corn syrup
4 tablespoons (heaping) butter
¼ teaspoon salt
4 tablespoons water
1 teaspoon Watkins Vanilla or other flavoring
2 tablespoons cream

Boil sugar, water, corn syrup and butter to soft ball stage when tested in cold water or 238 degrees F. Add salt and cream, cook to hard ball stage 254 degrees F. Remove from fire, add Watkins Vanilla. Pour into greased pan and cut into squares when cool.

Cocoa Divinity

2 cups granulated sugar
½ cup cold water
½ cup light corn syrup
1 teaspoon Watkins Vanilla
2 stiffly-beaten egg whites
3 level tablespoons Watkins Cocoa
Pinch of salt

Blend the sugar, water and syrup and boil to 248 degrees F. or hard ball. **Let cool.** Add Watkins Cocoa to the beaten egg whites and the Watkins Vanilla. Slowly add hot syrup to beaten egg whites and beat to a creamy consistency. If the mixture is too thin, add a little boiling syrup, beat thoroughly and place the bowl in a pan of hot water. Pour mixture into buttered pan, mark in squares and cut when cold.

Brown Sugar Candy

2 tablespoons butter
8 tablespoons Watkins Cocoa
3 cups powdered brown sugar
4 tablespoons cream or more
1 teaspoon Watkins Vanilla or Lemon Extract

Dissolve Watkins Cocoa in hot water, add to butter after being creamed. To sugar, cream, and Watkins Vanilla add cocoa. Mix thoroughly and pour in buttered pan. Cut in squares.

Caramels

1 cup sugar
½ cup light corn syrup
1½ cups heavy cream
1 teaspoon Watkins Vanilla

Put sugar, corn syrup and half cup cream in a saucepan and cook over **low** heat, stirring constantly until sugar is melted. Then cook slowly to soft ball stage, 234 degrees F., stirring constantly. Add another half cup cream and cook again to soft ball stage. Add remaining cream and cook to firm ball stage or 246 degrees F; add Watkins Vanilla. Turn into small buttered 7-inch square pan and cool. When cold mark into squares.

Evaporated Milk Caramels

Substitute ¾ cup evaporated milk for ½ cup of the cream and follow above recipe.

Maple Caramels

Omit corn syrup and add 1 cup maple syrup. Cook after the last addition of cream to 248 degrees F.

Caramel Corn

½ cup shelled pop corn (select dry choice corn)
3 tablespoons lard
½ cup sugar
Pinch salt
1 tablespoon Watkins Vanilla

Place lard in corn popper or iron covered skillet. Mix sugar, salt, Watkins Vanilla and unpopped corn. When popper is hot pour in corn mixture. Shake container constantly until corn is popped.

Cream Candy

3 cups granulated sugar
½ cup orange marmalade
1 cup cream
1 teaspoon Watkins Almond or Vanilla Extract
¾ cup blanched almonds, cut

Boil sugar and cream to soft ball stage, remove from fire, place in pan of cold water until mixture is lukewarm. Beat until creamy, add nuts and marmalade, pour into buttered pans and cut in squares.

Marshmallow Fudge

2 cups brown sugar
⅓ cup corn syrup
¾ cup cream
Butter size of walnut
½ pound cut marshmallows
1 teaspoon Watkins Vanilla
½ cup Watkins Shredded Coconut

Add syrup, sugar, cream, cook to soft ball stage when tested in cold water. Remove from fire, add butter, marshmallows, flavoring, beat well, turn into buttered pan.

Candied Orange or Grapefruit Peel

4 thin skinned oranges
1 cup sugar
½ cup boiling water

Remove peel from oranges, place in saucepan, cover with cold water, bring to boiling point. Cook slowly until soft. Drain, remove all white portion by scraping with silver spoon. Cut peel in thin strips. Dissolve sugar in water, boil to thread stage. Add peel, cook 5 minutes. Drain, when cool dip in fine granulated sugar.

Chocolate Caramels

1 cup granulated sugar
1 cup white corn syrup
⅔ cup cream
½ teaspoon salt
⅔ teaspoon butter
2 teaspoons Watkins Vanilla
8 tablespoons Watkins Cocoa

Boil sugar, salt, corn syrup and half of cream until 230 degrees F., or soft ball stage. Add remaining cream, little at time, add Watkins Cocoa dissolved in little boiling water, add butter, cook until 240 degrees F. Remove from fire, add flavoring, pour into greased pan. Cut into squares and wrap in wax paper. To be made in cool weather.

Watkins Coconut Creams

3 cups light brown sugar
1 cup sour cream
2 tablespoons Watkins Cocoa dissolved in little boiling water
¼ teaspoon salt
2 tablespoons butter
1 cup Watkins Shredded Coconut
1 teaspoon Watkins Vanilla or Almond Flavoring

Dissolve sugar, cream, salt, cook to soft ball stage when tested in cold water. Stir occasionally, wipe crystals into mixture from side of pan. Pour quickly into deep buttered pan. Add Watkins Cocoa, butter and flavoring, let stand until lukewarm. Beat until mixture begins to thicken, add Watkins Shredded Coconut, mix thoroughly, pour into well-buttered pan, cut in squares.

Stuffed Dates

Wash and stone dates. Stuff dates with English walnuts, pecans, fondant, or pieces of candied ginger. Roll in powdered sugar.

Divinity

2 cups sugar
½ cup white corn syrup
½ cup water
2 egg whites
1 cup chopped nut meats
1 teaspoon Watkins Vanilla

Boil sugar, syrup, water until mixture dropped in cold water turns brittle. Pour slowly over stiffly-beaten whites of eggs; add nuts and flavoring. Beat until mixture is creamy. Pour on buttered platter.

Delicious Candy

1¾ cups water
2 envelopes Watkins Pectin Mix
1 level teaspoon Watkins Cream of Tartar
3 cups (1½ pounds) sugar
Watkins Flavoring Extract to suit taste

Pour 1¾ cups of water into large saucepan, place on fire. Add and dissolve 1 level teaspoon Watkins Cream of Tartar. Stir in contents of two envelopes of Watkins Pectin Mix. Allow mixture to boil. Make sure there are no lumps and pectin is thoroughly dissolved. When pectin mix has boiled and completely dissolved, add sugar. Stir well to break up lumps. Allow candy to come to boil again, 5 minutes by the clock. Do not guess at time. Remove from fire, use 2 teaspoons Watkins Flavoring, Watkins Red or Yellow Color Mixture. Skim and pour into shallow pans to cool. When firm cut into squares, dust with powdered sugar.

Maple Cream

½ cup sweetened condensed milk
½ cup water
1 cup granulated sugar
¾ cup maple syrup
1 tablespoon butter
¾ cup pecan meats cut into small pieces
½ teaspoon Watkins Vanilla

Blend milk, water, sugar and syrup, dissolve thoroughly, heat slowly to boiling point, cook slowly to soft ball stage when tested in cold water. Remove from fire, drop in butter and flavoring, do not stir. When lukewarm beat until creamy, add nuts, spread in buttered pan.

Peppermint Cream Wafers

Heat 1 cup prepared fondant in top double boiler. Stir constantly, do not let cream melt sufficiently to return to syrup. Add Watkins Peppermint Extract or wintergreen, drop from spoon on wax paper. Let stand one day to form.

Fondant

- 3 cups granulated sugar
- 1 cup water
- 3 tablespoons white corn syrup
- Watkins Flavoring
- Watkins Certified Coloring

Boil until mixture threads from spoon. Place pan in cold water until syrup is lukewarm, stir until well creamed. Knead like dough. Separate into parts, use Watkins certified coloring and flavoring. Make into creams.

Quick Fondant

- 1¼ cups confectioners' sugar
- ¼ cup sweetened condensed milk
- Watkins Shredded Coconut
- Watkins Certified Coloring to tint creams
- ½ teaspoon Watkins Vanilla or Peppermint Flavoring

Sift sugar, gradually add milk, mix well. Add flavoring, beat until smooth and creamy. Do not cook. Use as filling for dates, with halved nut meats, Watkins Shredded Coconut, form into round creams. Tint with Watkins certified coloring.

Watkins Fondant Loaf

- 3 cups granulated sugar
- 2 cups boiling water
- ½ teaspoon Watkins Cream of Tartar
- ½ cup cut nuts
- ¾ cup finely cut dates
- 1 teaspoon Watkins Vanilla or Almond Extract
- 1 cup Watkins Shredded Coconut

Boil sugar, water, Watkins Cream of Tartar until soft ball stage when tested in cold water. Let cool, beat vigorously until white and creamy. Add dates, nuts, Watkins Shredded Coconut and knead like bread dough. Roll, cut in slices.

Watkins Fudge

- ½ cup light corn syrup
- 2 cups sugar
- ⅛ teaspoon Watkins Cream of Tartar
- ½ cup Watkins Cocoa
- ½ cup top milk
- 2 tablespoons butter
- 1 teaspoon Watkins Vanilla

Mix sugar and Watkins Cocoa, add milk, cook until soft ball stage. Remove from fire, add butter and Watkins Vanilla. Let cool. Beat about 15 minutes or until creamy. Pour into buttered pan, cut into squares.

Coconut Maple Fudge

- ⅓ cup corn syrup
- 3 cups brown sugar
- 1 teaspoon Watkins Maple Flavor
- 1 cup cream
- 1 cup Watkins Shredded Coconut
- 1 tablespoon butter

Boil sugar, cream until forms soft ball in cold water. Cool. Beat until light, add Watkins Shredded Coconut, flavoring, turn on to buttered dish. Mark in squares.

Sour Cream Fudge

- 2 cups sugar
- 4 tablespoons corn syrup
- 1 cup sour cream
- Pinch salt
- 6 tablespoons Watkins Cocoa
- 1 teaspoon Watkins Vanilla

Boil sugar, syrup and cream, adding Watkins Cocoa dissolved in hot water. Cook to soft ball stage. Cool. Add Watkins Vanilla, beat until creamy. Pour into buttered pans, cut into squares.

Glacé for Nuts, Dates or Apples

3 cups sugar
1 cup water
1 teaspoon Watkins Vanilla
½ teaspoon Watkins Cream of Tartar

Blend ingredients, boil without stirring until mixture begins to discolor, 310 degrees F. As in fondant, sugar crystals which form on sides of pan should be wiped off with damp cloth. Dip nuts or dates into syrup quickly, as glace hardens rapidly. Nuts should be scalded, remove skins, let dry. Drop one at a time in hot syrup, remove with long fork to oiled cookie sheet until hard. Place syrup in pan of hot water while glazing nuts.

Jewel Candy for Children

1 cup sugar
⅓ cup white corn syrup
⅓ cup water
Watkins Color Mixture
1 teaspoon Watkins Flavoring

Boil mixture until it crackles when dropped in cold water. Pour mixture into buttered plates. Add Watkins Color Mixture and flavoring, let cool only long enough to handle. Cut strips of candy from plate into small pieces. Candy must be handled quickly as it hardens rapidly.

Watkins Coconut Candy

6 cups granulated sugar
3 cups cream
1 cup white corn syrup
1 cup nuts, cut
1 cup Watkins Shredded Coconut
1 teaspoon Watkins Vanilla

Boil sugar, syrup, cream to soft ball. Remove from fire, add Watkins Shredded Coconut, nuts, Watkins Vanilla, beat well. Pour into buttered pan.

Walnut Mints

½ cup sweetened condensed milk
1¼ cups sifted confectioners' sugar
Walnut halves
¾ teaspoon Watkins Peppermint Extract

Add milk to sugar, mix thoroughly. Add Watkins Peppermint Extract, beat until smooth. Form into balls, press into shape, decorate with walnut meat.

Maple Taffy

1⅓ cups sweetened condensed milk
Pinch salt
½ cup maple syrup
Watkins Vanilla or Maple Flavoring

Cook milk, syrup and salt together in heavy pan. Stir over low fire until hard ball forms when tested in cold water. Add flavoring. Pour into buttered pans, cool and pull. Cut with scissors.

Mexican Kisses

3 cups light brown sugar
1 cup milk
1 tablespoon butter
⅛ teaspoon salt
1 teaspoon Watkins Vanilla
1 cup pecans

Blend sugar and milk, let come to boil. Add butter, cook 5 minutes, do not stir. Remove from fire. Beat thoroughly. Add nuts, Watkins Vanilla. Drop from teaspoon on waxed paper. If mixture hardens set pan in hot water.

Molasses Taffy

½ cup molasses
1½ cups sugar
½ cup water
1½ tablespoons vinegar
¼ teaspoon Watkins Cream of Tartar
4 tablespoons melted butter
⅛ teaspoon soda
1 teaspoon Watkins Vanilla
1 teaspoon Watkins Lemon Extract

Dissolve molasses, sugar, water, vinegar, boil in heavy iron kettle, stirring constantly. Add Watkins Cream of Tartar when boiling begins, cook until brittle when tested in cold water. Remove from fire, add soda and butter. Pour into buttered pans when cool, pull, add flavoring. Cut with scissors.

Pulled Taffy

3 cups sugar
½ cup vinegar
1 or 2 tablespoons butter
½ cup water
1 teaspoon Watkins Vanilla
½ teaspoon soda

Boil first four ingredients together, until mixture turns brittle when dropped in cold water. Add Watkins Vanilla and soda; pour onto buttered platter. Turn in edges, when cool, pull until white and brittle.

Nougat

1½ cups sugar
1½ cups white corn syrup
¼ cup strained honey
2 egg whites
⅓ cup water
1 cup Watkins Shredded Coconut
½ cup chopped walnut meats
½ cup cut candied cherries
Watkins Flavoring

Boil sugar, syrup and water until brittle, 300 degrees F., when tested in cold water. Beat egg whites stiff, add honey and beat thoroughly. Add cooked syrup mixture and beat until thick. Add flavoring, Watkins Shredded Coconut. Press into pan, let stand several hours until formed. Cut in bars, wrap in waxed paper.

Peanut Butter Candy

½ cup sugar
1 cup brown sugar
1 cup milk
½ cup peanut butter
½ cup Watkins Shredded Coconut
Few drops of Watkins Vanilla

Boil sugar and milk until it forms soft ball when tested in cold water. Take off stove and add peanut butter. Add Watkins Vanilla. Pour into greased pan and put in a cool place to harden.

Peanut Brittle

2 cups sugar
2 or 3 tablespoons butter
½ cup light corn syrup
2 cups peanuts
½ teaspoon Watkins Vanilla
1 cup Watkins Shredded Coconut
⅛ teaspoon soda
⅛ teaspoon salt
½ cup water

Put sugar, corn syrup and water into saucepan, cook, stirring only until sugar is dissolved. Continue cooking until sugar begins to turn light brown, 300 degrees F. by candy thermometer. Remove from fire, add salt, soda, butter and stir as little as possible, only to mix well. (Much stirring will cause sugaring.) Pour over warm nuts on greased slab or bottom of inverted pan. Do not scrape saucepan, this may cause sugaring. Pour into very thin sheets, smooth out with spatula or knife blade. After half minute take hold of edges of sheet, pull brittle as thin as possible, breaking into irregular pieces.

Penoche

2 cups brown sugar
2 tablespoons butter
½ cup cut nut meats
1 cup milk or cream
1 teaspoon Watkins Vanilla
1 cup Watkins Shredded Coconut

Boil sugar and milk to soft ball when tested in cold water. Remove from fire, add butter and Watkins Vanilla. Cool, beat until creamy and thick. Cut in squares. Fruit, dates, marshmallows, or candied orange peel may be used instead of nuts.
Watkins Strong Coffee strained through cheesecloth may be used instead of milk. White sugar may be used instead of brown. 1 cup thin cream instead of a cup milk.

Toffee

1¾ cups sugar
1 cup cream
1 cup pecan meats (cut)
½ cup butter
½ teaspoon Watkins Cream of Tartar

Boil sugar, cream and Watkins Cream of Tartar, stirring constantly until a thick syrup. Add butter and cook until mixture leaves sides of pan. Remove from fire, add nuts, Watkins flavoring.

Kitchen Weights, Measures and Temperatures

3 teaspoons	1 tablespoon
16 tablespoons liquid	1 cup
12 tablespoons dry	1 cup
1 cup	½ pint or 2 gills
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon
8 quarts	1 peck dry
2 tablespoons sugar	1 ounce
4 tablespoons flour or butter (level)	1 ounce
4 tablespoons cocoa	1 square chocolate
1 level tablespoon	3 teaspoons
2 level teaspoons	1 dessert spoon
2 level tablespoons sugar	1 ounce avoirdupois
1 square of chocolate grated, 1 ounce or	4 tablespoons
1 medium-sized egg	2 ounces
9 to 10 medium-sized eggs	1 pound
8 egg whites	1 cup
12 egg yolks	1 cup
Juice of one lemon	3 tablespoons
1 cup butter	½ pound
2 cups granulated sugar	1 pound
2½ cups brown sugar (pack firm)	1 pound
4 cups flour	1 pound
2 cups rice	1 pound
2 cups chopped meat tightly packed	1 pound
2 cups chopped suet tightly packed	1 pound
3 cups raisins	1 pound
4⅓ cups coffee	1 pound
1 cup chopped nut meats	¼ pound
1 wine glass	¼ cup

When sour milk is used take 1 even teaspoon soda to a pint of milk. 1 teaspoon of baking powder is the equivalent of ½ teaspoon of soda and 1 teaspoon of cream of tartar.

In measuring flour in cup, tap measure lightly that no unfilled space remains.

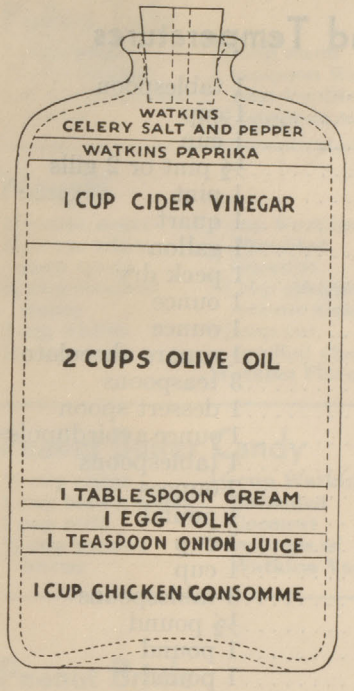
TEMPERATURES FOR BAKING

Slow Oven	Moderate Oven	Hot	Very Hot
250° F. to 325° F.	350° F. to 375° F.	400° F. to 450° F.	450° F. to 500° F.

For the use of those who have no oven thermometer there are several practical tests. Set a pan sprinkled with flour in the oven and if it becomes a delicate brown in five minutes the oven is slow (250° F. to 325° F.) If the flour turns a medium golden brown in five minutes, the oven is moderate (350° F. to 400° F.) If the flour turns a deep, dark brown in five minutes, the oven is hot (400° F. to 450° F.), very hot oven 450° F to 500° F. the flour turns a deep dark brown in three minutes

OVEN THERMOMETER

A portable oven thermometer should be used when the oven has no regulator. Place it on the middle shelf when oven is first lighted, to be easily seen when door is open. Leave in oven during entire baking period.



Watkins Special Salad Dressing

To Prepare:

Strain the chicken stock through clean white cheesecloth. When cold remove all grease. Heat the stock then cool and add 1 teaspoon of onion juice according to taste. Chill a small mixing bowl, add egg yolk and beat. Slowly add the olive oil beating constantly. Slowly add the vinegar and beat. Add the chicken broth and stir thoroughly. Add 2 level teaspoons of Watkins Celery Salt, a dash of Watkins Pepper, and 2 teaspoons of Watkins Paprika.

Blend all the ingredients and whip with a rotary beater. Pour the dressing into a quart vinegar bottle, use a tight cork and place in the refrigerator. When ready to serve, shake the bottle vigorously, use an aluminum cork sprinkler and shake the dressing on the salad. If the mixture thickens, place the bottle in a pan of hot water for a few minutes to dissolve.

Famous chefs claim that the real flavor of a salad dressing is only obtained by **sprinkling** the dressing on a cold crisp salad as one uses salt and pepper, instead of pouring on the dressing.

Elaine Allen

Suggests a Holiday Menu

Oyster or Crabmeat Cocktail (*page 43–45*)

Consomme or

Cream of Corn or Cream of Celery or Mushroom Soup (*page 28*)

Celery Green Olives Toasted Bread Sticks

Roast Turkey or Roast Chicken (*page 49*)

Oven at 325 degrees

Cranberries in individual molds arranged on a slice of orange around the platter with the turkey

Turkey Dressing (*page 56*) Gravy (*page 55*)

Mashed Potatoes or Candied Sweet Potatoes (*page 84*)

Asparagus (*page 74*) or Green Beans (*page 75*) or Peas (*page 83*)

(*See Vegetables Pages 74 to 92 for choice*)

Rolls (*page 19*) Peach Pickles (*page 229*)

Fruit Salad (*page 96*) Cheese Sandwich (*page 193*)

French or Cream Salad Dressing (*page 101*) Ripe Olives

Plum Pudding (*page 121*) Watkins Foamy Sauce (*page 127*)

or

Orange Delicious Ice Cream (*page 181*)

Fruit Cake (*page 141*) or Feather Cake (*page 140*)

Mince Pie (*page 170*) or Pumpkin Pie (*page 172*)

Assorted Cheese Crisp Crackers

Nuts Candy

Hot Coffee Milk for Children

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A group view of Watkins office buildings, factories, branches, printing plant and bank. Acres upon acres of floor space. Millions of dollars in raw materials and stock. A marvel of steady growth and expansion made possible by the patronage of millions of satisfied customers.

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A HANDY CHECKING LIST OF WATKINS PRODUCTS

FOOD PRODUCTS

Baking Powder
Cocoa Fruit Pectin
Prepared Mustard

Desserts

Butterscotch
Chocolate Lemon
Coconut Tapioca

Color Mixtures

Green Red
Yellow

Dietary Supplement

Multi-Vitamin Capsules
Vitamin A and D
Vitamin B Compound Tablets

Nectars

Lemon Grape
Orange

Spices

Allspice Cloves
Celery Salt Ginger
Cinnamon
Mixed Spices
Mustard Nutmeg
Onion Seasoning
Paprika **Pepper**
Sage Spice Mixture

Extracts and Flavors

Almond Extract
Banana Flavor
Black Walnut Flavor
Coconut Flavor
Lemon Extract
Mapelex Flavor
Mixed Fruit Flavor
Orange Extract
Peppermint Extract
Pineapple Flavor
Vanilla Flavor, Imit.
Vanilla, Vanillin and Coumarin

HOUSEHOLD MEDICINES

Acotin Tablets
Adhesive Tape
Beef, Iron and Wine Tonic
Corn Pads
Corn Salve
Cough Medicine
Cream of Camphor Liniment
Digestive Compound Tablets
Diuretic Stimulant for Kidneys (Tablets)
Ephedrine Nasal Jelly
Herb Tablets
Inhalant
Laxative Cold and Grip Tablets
Laxative Wafers
LINIMENT
Medicated Ointment
Milk of Magnesia Tabs.
Mustard-On
Nose and Throat Drops
Pain-Oleum
Petro-Carbo Salve
Sarsaparilla
Sparkling Salts
Vapor Balm

TOILET ARTICLES

Mary King

Bath Salts
Cologne
Deodorant Cream
Deodorant Powder
Dusting Powder
Lavender Lotion
Lipstick
Make-Up
Lotion for Hands and Face
Perfume
Rouge
Sachet Powder
Shampoo
Skin Freshener
Superla Lotion
Talcum Powder

Creams

All Purpose Hand
Cleansing
Foundation
Lemon **Night**
Vanishing

Face Powders

Natural Peach
Rachel Rose
Sun Brown

General Line

Aftershave Lotion
Antiseptic (Liquid)
Antiseptic and Foot Powder
Brilliantine Hair Oil
Colognes
Eau de Cologne
Fragrant Pomade
Lemon Lotion
Liquid Cleansing Lotion
Mouth Wash (Red)
Scalp Tonic
Shampoo, Coconut Oil
Shaving Cream
Shaving Cream, Brushless
Shave Cream, Liquid
Talcum for Men
Tooth Brushes
Tooth Paste
Tooth Powder
Violet Talcum

TOILET SOAPS

Garda
Germicidal
Green Palm
M. K. Complexion
Pine Tar
Shaving

CLEANSERS

Cleanser
Hand Cleanser
Washing Compound

HOUSEHOLD AIDS

DDT Sprays
Disinfectant
Household Fly Sprayer
Liquid Wax
Liquid Cleaner
Machine Oil
Mosquito Chigger Repellent
Moth Blocks
Moth Crystals
Pencils
Polish
Perfumed Starch
Razor Blades
Roach Spray
Spot Remover

INSECTICIDES

DDT Powders
DDT Fly and Moth Spray
Farm Insecticide
Fly Spray
Fly Sprayer
Insect Dust
Insecticide, Dip and Disinfectant (Stock Dip)
Mange Oil
Roost Paint

MINERAL FEEDS

Hog
Poultry Regulator
Stock

VETERINARY PREPARATIONS

Veterinary Balm
Warble Grub Powder
Phenothiazine, Powdered

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